

A Rational

DISCOURSE

OF THE

Inward *USES*

OF

WATER.

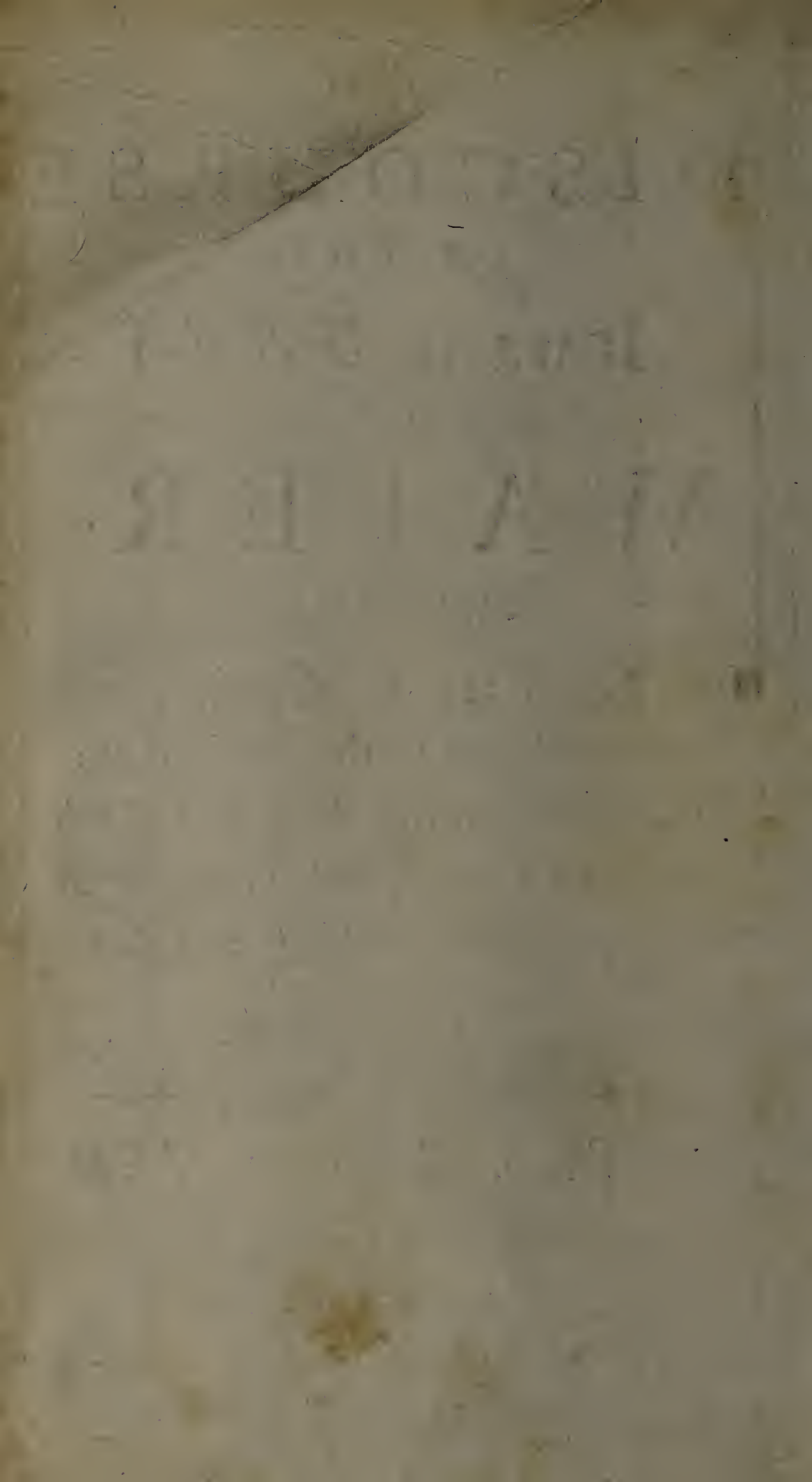
SHEWING

Its *NATURE*, Choice, and
 Agreeableness to the *BLOOD* ;
 Its Operation on the *Solids* and *Fluids* ;
 In what *Constitutions* and *Times* proper ;
 How it promotes necessary, and abateth
 hurtful *Evacuations* : In what *Diseases*
 Restorative, and wherein Prejudicial.

By *THO. SHORT, M.D.*

L O N D O N :

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P R E F A C E.

FEW Subjects have of late afforded greater Matter of Discourse and Writing; and I scarce know any that has been treated after so different a Manner: For some have unexceptionably recommended and applauded the Practice of Water-Drinking, to all Ages and Constitutions, as well as in all Distempers. It's scarce rational to think, that such confused, irrational, and tautologous Pamphlets could find a Run, and obtain so much in the World, without Expence of humane Blood, in some Cases and Diseases, wherein they have recommended it; e. g. in Old Age, wherein Indigestion and Inappetency may be owing to a Laxness, or Weakness of the muscular Fibres of the Stomach, whose natural Force and Elasticity is almost worn out; and therefore the Chyle sent from it into the Blood, must be very crude and unprepared, which in the Vessels must diminish and deprave the Evacuations and Secretions. Now in this Case of Indigestion, what mighty Benefits we are to expect from large Quantities of Common Water, swill'd down into the Stomach, I must declare my self ignorant; except to increase the Bloods Quantity,

and fill the Vessels, when in this Stage of Life Perspiration is much impaired, and this Discharge is no ways proportionable to an increased Quantity of Fluids. Again, in such Children, whose Fibres, Vessels, and Entrails are naturally lax, weak, and ready to separate one from another, by little more than healthy Motion, here Water given to drink increases the Bloods Quantity, fills the Vessels more, diminishes the Cohesion of their Fibres to one another, throws the Body into a Sort of Deluge, which more relaxes the Solids, and prepares the Body for all those Distempers which are the Product of a weak and lax Fibre. In Belly-aches, Stomach Sickness, or Cholick, caused by a tenacious roapy, or flatulent Matter contained in Intestines, whose Fibres and Coats are extreamly weak, lax, or almost worn out by Age; or in such diseased Persons, whose Constitutions are cold and flegmatick; To see Water (without either Infusion, or Decoction of Carminatives, Bitters, or Laxatives) do much Service to such, I must own, would be somewhat surprizing to me: Or who would advise a gouty Person to drink plentifully of Water, when his Disease had left the Extremities, and attacked the Stomach or Viscera? I should pity such a misfortunate Patient, and esteem the Adviser a Fool, or Ignoramus. In heavy, slow, dull Pains of the Head, occasioned by a viscid slimy Matter, furring up the Insides of the Vessels, whose Motion is slow, and their Vibrations small, I should readily conclude him guilty of Male-practice, who would only prescribe simple Element for his Patient's constant Drink. In Catarrhs, or large Discharges of thin Rheum, proceeding from a Laxness, Weakness, and

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Irresistability of the Strainers, Water drunk alone will do no good, whatever be its contrary Effects. These few Instances are sufficient in this Place, to prove the Ignorance and Mischief of such, who cry up Water for an universal Drink and Remedy. For further Satisfaction, I refer the Reader to the 6th and 14th Chapters of the following Discourse.

Others, in their Writings concerning Water, have set it off as good for little, except to be a Basis or Foundation for other Liquors : The Reason, I suppose, may be, because their Design was only to expose the Ignorance, and prevent the Mischief of the former. The last were a judicious and honourable Sett of Men, who studied the Welfare of their Fellow-Creatures, and sought the Safety of the more Adviseable, who might be in Danger from the Writings of the other Sort of Men : But such Persons as are either Self-conceited, or prejudic'd at the Profession and Endeavours of the Learned ; if they should suffer the just Smart of their Folly, by drinking Water either unseasonably, or that which is filled with Particles inimical to the Parts of the Body, their Loss is not so much to be lamented (since it's the Reward of Bigotry and Contempt) as that of the Ignorant, or such as would willingly be acquainted with the Nature, Choice, and Uses of Common Water, but want fit Means of Instruction.

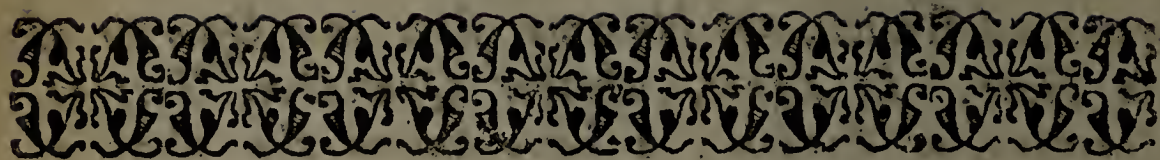
The dry Answer to Dr. Hancock's Book, has given us a very useful, but short Account of the Difference of Water. Dr. Boerhave (to whom not only Physicians, but Mankind in general are obliged) in his Book De Virib. Medic. has done the greatest Justice to Water, of any late Author I have seen.

In the following Discourse, I have endeavoured not only to give the Rationale for these Operations or Alterations which Water produces in our Bodies; but to make up several Deficiencies the late Writers on this Subject have been guilty of: But with what Judgement I have acted herein, I must leave to others, who must likewise be allowed to judge for themselves: If I have advanced any Thing erroneous, or of dangerous Consequence, I should be sorry, (seeing Love to, and Desire of the Good of my fellow rational Creatures, were the chief Causes moving me to appear in publick) and shall gladly and readily admit of Instruction, when convicted of Error, and chearfully retract my Mistakes: But, if any, moved by sinister Ends, pretend to answer me with Railery or Jest (the Dialect only becoming Billingsgate or Morefields) I shall not trouble my self to make any Reply.

I would likewise advertise the Reader in this Place, that wherever Water is advised as a Relaxer of the Fibres and Solids, it must be drunk warm; as in Pleurisy, Squinzies, and other Inflammations: But when its designed for a Restraining, as in Fluxes of the Belly, Hemorrhages of Blood, &c. it should be used cold, that it may corrugate straitly, and draw up the Fibres and Vessels. And in this Case, I had Occasion to experience its wonderful Effects, in two or three of the Female Sex, who having for many Months labour'd under an excessive Flux of the Menstrua, without the least Advantage from Medicines used, yet by restraining all other Liquors, and drinking Water cold, they were speedily recovered: But what was more remarkable, when at some certain Times the loss of Blood was greatest; yet by drinking a Glass of very cold Water, and at the same time applying a thick Cloth

Cloth dipt in Water, to the lower Part of the umbilical Region, the Flux was stopt in a Quarter of an Hour. In Agues, whether Quotidian, Tertian, Quartan, or Erratic; I have known the plentiful Drinking of cold Water, accompanied with Exercise, work the Cure in a few Days. I know a Man who was suddenly seiz'd with a violent Ague, and by drinking cold Water and Riding, was recovered in three Days, and never felt the least Symptom of any aguish Disposition since that Time, which is now Five Years; and during my whole Practice, I have found it easier to cure Three Persons who could content themselves with simple Element for common Drink, than to restore one who indulged himself the Use of Ale.





I N D E X.

CH A P. I. *Of the Nature and Properties of Water.*

II. *Of the Choice of good or wholesome Water.*

III. *Of the Excellency of Water, from several general Considerations.*

IV. *Of the Agreeableness of Water to the Parts of our Blood.*

V. *How Water acts on the Solids and Fluids.*

VI. *To what Constitutions Water is most agreeable.*

VII. *In what Stages of Life Water is best to be used.*

VIII. *The Quantity of Water to be drunk, and which are the fittest Times for it.*

IX. *Why Malt Liquors condemned for common drinking.*

X. *How Water operates as an Alterative.*

XI. *Water promotes all the natural Evacuations, and how.*

XII. *Water Diminishes or Cures immoderate Evacuations, and how.*

XIII. *Water Beneficial in many particular Diseases.*

XIV. *Water dangerous to be drunk in some Distempers, and why.*



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CHAP. I.

Of the Nature and Properties of Water.



BEING *Water* is a great Part of our Subſiſtance, and furniſhes the largeſt Share of Matter in all Productions; is the Foundation of other Liquors, and conſequently muſt be the greateſt Part of the *Fluids* of our Bodies, it's rational we ſhould be ſatiſfied in its Nature; that therefrom we may be capable to make a right Choice of what is moſt ſuitable to our

Purpose, from among the various Sorts of this Liquor ; and then that we should be acquainted with its *Homogeneity*, or *Heterogeneity*, Agreeableness, or Disagreeableness, with the Liquors and Juices of our Body.

WATER consists of *imperceptibly small* Particles ; for tho Dr. *Hook*, *Lewenhoeck*, and others, have seen great Numbers of incredibly small Animalcules swimming in it, yet none of the most curious, with their best and finest Glasses, could ever discern the Particles of that Vehicle wherein they had taken up Habitation : And since these little Creatures are believ'd to have their infinite Numbers of Vessels, and these Vessels must be fill'd with *Fluids*, and *Water* being that Liquid whose Particles are the least of any we know, and so must be the Liquor which fills these Vessels ; How then, is it possible, that the Parts of *Water* can be discovered ? Its Particles are likewise of a *spherical* or round Figure, that they might not touch in more Points than one ; for if their Contact had been in many Points, it had been altogether impossible for the Heart and Vessels of these Animalcules to have kept its Parts from cohesion ; and yet we are sure, if there be Life, there must be Circulation. The Parts of *Water* are the *smoothest* possible, whereby they have all Advantage to slide easily upon one another ; for if their Surface had been rugged, or the Parts hook'd into one another, not only had it been unfit for preserving animal Life, but unsuitable for other Uses in humane Affairs ; and yet, notwithstanding the Smoothness of its Parts, it is made liable to the Law of *Gravitation*, that its Particles may attract one another, and have some

cohesion ; though the Force of its Gravity exceeds that of its Cohesion. Its Parts are *porous* or rare, that they might contain sufficient Quantity of Air, which is near 39 Parts out of 40 ; for *Water* is to *Gold*, as 1 : to 19 : and *Gold* is so porous as to suffer *Water* to be pressed thro' it, so that it seems to have more Pores than solid Parts, whereby *Water* at least, is to the Bulk of contained Air, as 1 : to 40 : By this Porosity, it easily admits the Particles of Light to pass betwixt its Parts. Its Particles are also *Very hard*, whereby they preserve their Renitency, and are incompressible when freed of Air ; neither do any of its Parts seem harder than other ; nor does it seem to consist of unequal Particles, or Parts of different Gravities. Of these Properties, see *Dr. Cheines Philos. prin. 2d Edit. p. 60, 61.*

CHAP II.

Of the Choice of good Water.

ALL *Water* is not equally wholesome and agreeable to our Bodies ; for as it runs in different Channels, it must be impregnated with the Particles of those *earthy Minerals*, or Fossils which it washes, which often makes it more unfit for Use ; its Gravity is increased from the Salts, Earths or Mettals which it carries along with it ; and these taken into our Bodies, and mixt with the Blood, and come to enter the small Vessels, will, from the universal Laws of
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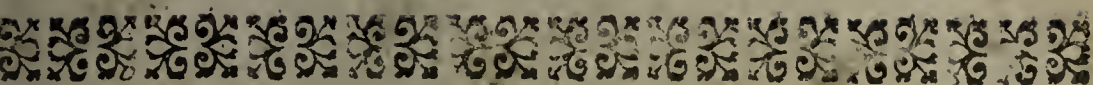
Gravitation and Attraction, procure Obstructions and Concretions in some Parts of the Body, and these will receive their Designation from the Parts these Particles stop in. Thus if *Water* be impregnated with small *Dust*, *Salts*, they go into the Blood, pass easily the greater Vessels ; but when it comes to the small Capillaries near the Surface of the Body, many of these Canals are bung'd up, insensible Perspiration is thereby diminish'd ; *Scurvies*, *St. Antonies Fire*, and many other *cuticular Eruptions* do follow ; at the same time a Lensor is caused in the Blood, which produces *Cachexies*. If these *Salts* be in larger Quantity, of greater Magnitudes, and sharper, they produce more mischievous Symptoms nearer the Center of the Body, as *Tubercles in the Lungs*, *Inflammations*, *Imposthumations*, or *Schirrusses of Liver and Spleen*, with other viscera ; *Stone or Gravel in the Kidneys*, &c. but if they are impregnated with small sharp *corrosive Salts*, they get into the nervous Cavities, cause *twitching and irritation* of the Membranes, especially those of the Stomach and Intestines ; if they get to the Extremities before they meet with Opposition, they cause *Gout*, and sundry sorts of *erratic Pains* in the *Shoulders, Arms, Thighs, Hips, Legs, Hands and Feet*. And this is one chief Reason of the powerful Reign of these *Pains* in the *Limbs, Stomach, Guts, Flatus's, Cholicks, Coughs, Asthma's, Inflammations, Watchings, Rheumatisms, Gout, sandy Urine, cuticular Eruptions, discolouring of the Teeth, Corrosions of the Gums, Tooth-Ach*, &c. all the Symptoms of an exalted *Scurvy*, among the *North Britains*, whose *Waters* mostly come from Mountains, whose Bowels are Reservoirs of Minerals ; and so

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ignorant are these People, that they greatly prize such *Waters* as the best : Others of them drink lake *Water*, whose Course is slow, and its Channel only Moss, Mud, or Slime ; and as the Drinkers of the first are subject to all the Pains a *Water* loaded with Salt or *mineral Particles* commonly produce, so the other labour under such Distempers as arise from a Viscidity of the Blood. Another Cause of these Distempers raging more commonly among them, is their unacquaintedness with the Nature and Use of insensible Perspiration, which makes them regardless of unseasonable shifting of their Cloaths when warm, and their Pores very open, whereby the Parts are constricted, the Juices presently become viscid, Inflammations and Fevers follow. So that such as charge the Original of the Frequency of these Distempers upon their living on animal Foods, and Malt Liquors, and those who ignorantly blame their unclean *Cookery*, are equally in the Wrong ; for such of the better Sort among them, as live on animal Foods and more generous Liquors, are as free from these Symptoms as any where in *Britain* : Not that I believe it owing to the Wholesomeness of these Liquors exceeding that of *Water* ; but their Ale being very small and clear, the boiling of the *Water* betters it, the Fusion on the Malt causes the Spicula of the *Water* to be thrust into the Particles of the Malt ; and lastly, the Agitation it undergoes in Fermentation breaks the attracted *Salts*, separates the Viscidities, and makes it much more agreeable to the Body. But there are great Numbers of Springs in that Country, which afford as good *Water* as any in *Europe*, and such as drink there-

thereof (*cæteris paribus*) are found, healthy and strong, and long liv'd. Lastly, there are other *Waters*, which are still more dangerous than any of these; as the *Waters* of the River *Lyncestis*, or *Lyncestus*, in *Thracia*, which make their Drinkers presently drunk; and the *Waters* of *Styx* in *Aradia*, which being drunk presently kill.

Hypocrates says, (*Aphor. 5. 26.*) that *that Water is lightest and best, which is soon hot and soon cools*. *Galen*, (*de San. Tuend. cap. 1.*) prefers that which is of a pleasant Taste, free from every Quality, without Smell, clear, fine and transparent. *Marinellus* chuses those which spring from high Places and gravelly Hills; for such, says he, are sweet, white, *i. e.* transparent, but above all, those which rise towards the East; but he thinks, if they are not from such Earth, they may be much mended by Boiling, for thereby the grosser Parts are separated from the subtiler. That *Water* we generally repute best for drinking or dressing Victuals, which is *clear, light, insipid*: The lighter it is so much less *Salts* or *mineral Particles* are in it; therefore *Rain Water* having fewest of these should be wholesomest; but being full of *volatile Particles*, it presently stinks and becomes nauseous; therefore that is to be preferr'd which comes through *Chalk* or *Limestone*, *light Gravel*, or *fine Sand*. *River Water* is next, but lyable to the same Inconveniencies of Repletion with earthy vegetable or mineral *Salts*, which it washes in its Course. *Well-Water* is bad, but *Pond Water* worst of all, being only *Rain Water*, stuff'd with hurtful Parts, taken from that Earth where it stands, without Motion, and is very apt to putrify.



C H A P. III.

Of the Excellency of Water, from General Considerations.

W*ater* comes to us with the best of Authority, and most of Vouchers for its Dignity, not of one, but of all the Liquids in the World. For look we to its Almighty Author, whose Wisdom is infinite, and therefore stood not in any need of Advice or Direction, to form a Liquor of the most universal Use and Benefit to his Creatures: As all he made was good, so this we find no ways excepted; and as all Liquors, promised for the Preservation and Comfort of Life, are comprehended under the Name of *Water*; *thy Bread shall be given, thy Water shall be sure, &c.* so *Water* must be the best. Another Proof for its Excellency is, That the *Animal* and *Vegetable* Kingdoms on this Globe, have *Water* for their Liquor to nourish them; and how beautiful, healthy, strong, and brisk is each of these in their Kind, when the Air and Food, or Earth do equally favour them, as good *Water* does. Another Voucher for the Excellency of *Water* is, The great Plenty of this Liquor on the terraqueous Globe, which seems to inform us, that our Creator design'd no other Liquid for our common Drink; otherwise, he could as easily have provided certain *Strata* of Earths, containing Particles to impregnate their incurrent *Waters*, with *Salts*, like

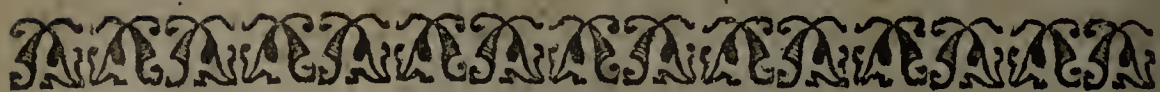
those of the Juice of *Grape*: Which is sufficiently evident, from the many *medicinal Springs* provided for Cure of Diseases; whose *Waters* receive only their Virtue from the *Minerals* they wash in their Course thro the hidden Cranies of the Earth: And as there are many Diseases of very different Kinds, whereto animal Bodies are subject, there is as great a Variety of these *medicinal Waters*, from different *Combinations* of a few *metallic*, or *fossil* Earths. Therefore it seems more rational to think that *Corn* was at first provided for Bread, and the Juice of the *Grape* for Medicines, than to afford Liquors to please the Taste, and satisfy the Luxury of Men. Every Nation under Heaven affords Meat and Drink, to preserve the Life of its Inhabitants, but all Nations yield not a *Vintage* of *Grapes*; and if this had been intended only for Commerce and Trade, to maintain Love and Humanity among Mankind, then these who liv'd before these frequent Negotiations, should have been sickliest and shortest liv'd: But the contrary of this sad Experience proves; for tho' the moderate Use of these does much promote the Comfort of humane Life, yet by the constant Use of them we lose the Comforts of them, and our own Health, and often Life to the Bargain. Another Evidence for the Dignity of *Water*, and that it was intended for our ordinary Drink, is, That I can find no Ground to think the *Antediluvians* had any other Liquor, and that *Noah's* Drunkenness usher'd the Use of *Wine* into the World, which certainly was owing to his Ignorance of the Nature and Effects of that Liquor. For its not rational or probable, that so great and

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good a *Patriarch*, who for his Piety had obtain'd Favour in the Sight of G O D, for himself and Family only, to escape the Destruction of the Deluge ; I say, to think that he would voluntarily pour down so much Liquor, and be guilty of a Sin which procur'd a lasting Curse to a third Part of Mankind, as to be drunk, whilst the Memory of so special a Deliverance was so fresh in his Mind : Nor is it possible, that he who was to be the Head, Father, and Instructor of a new World, would indulge himself the Excess of *Wine*, seeing he was to be an Example to all his Posterity, and a Prophet to his Offspring for some Hundreds of Years. It's further probable, that *Water* after this was used for common Drink, and *Wine* only as a Cordial or Medicine, for several Hundreds of Years, himself and Posterity taking warning from this Fall ; for as to *Sodom* and *Gomorrhah*, who were miraculously consum'd for their Sins, we do not find Drunkenness ranked in the Catalogue, but Gluttony, Idleness and Uncleaness ; and seeing Holy Writ brings in Drunkenness among the List of other Nations Sins, and pronounces Curses against such as are either guilty of it, or cause others to be guilty ; we may safely conclude, had these Cities been guilty of it, we should have had it recorded ; and we may conclude, had *Wine* been much in Use for Drink after *Noah's* Days, the *Sodomites*, who stopp'd to commit no Sin, would have embraced this as a Sign of Comedialness, Goodfellowship, and an Incentive to *Venery*, seeing they burned in Lust one towards another. Moreover *Noah's* Drunkenness with *Wine* seems to have been handed down *ad terro-*

rem; for had Drunkenness been the Practice of Sodom, just Lot, whose righteous Soul was griev'd from Day to Day, could never have been imposed upon by his Daughters, to become drunk thereby, and in that Drink to commit Incest, which was the Production of two accursed, wretched idolatrous Nations. So that its probable Lot was the first after Noah, who had made thus free with the Juice of the Grape. We can also draw a very convincing Argument for the Excellency of Water, from the Longevity and Healthiness of those, who at first had no better Liquor; and the Health and Strength of Body and Serenity of Mind, of those who at this Day have no other common Liquor to drink: Of this the common People among the *Highlanders* of Scotland are a sufficient Instance, amongst whom its no Rarity to find Persons of Eighty, Ninety, yea a Hundred Years old, as healthy, strong and nimble, as *Wine* or *Ale-sibbers* are at Thirty-six or Forty Years of Age. Another Persuasive to the Use of Water is, The many Years that often tender, weakly, crazy Constitutions make shift to spin out by refraining strong Liquors, and accustoming themselves to drink Water; whereby they, tho' infirm because of *Stamina* vitiated in their first Principles derived from their Parents, or procur'd by some Accident, do often live to see these of strong, naturally healthy, and lively Constitutions, younger than themselves, fall like (yea, more disgracefully than) brute Beasts, Sacrifices to their depraved Appetite, before they arrive at Mid-Age; these according to the Course of Nature, might have protracted their Life to a good

good Age, and been useful to their Family, King, Country and Posterity, had they been content with the Liquor Nature provided, and abstained from Artificial Fluids. Nay, by these, do not they often, either kill or render themselves useless before they come to Maturity? I might here argue for the Excellency of *Water*, from the great Success, Victories, and valiant Atchievements, a pitiful and dispicable like People have attain'd over other Nations, while they remained content with the Product of Nature for Drink; and when they have forsaken that wholesome Custom, and taken themselves to swill down strong Liquors, how have they suddenly become the Prey, Opprobry, and Contempt of such as they formerly had trodden down: That the very Buds of the lately cut down Kingdoms have destroyed these lofty *Cedars*, which had triumphed over their Fathers, laid waste and impoverished their Country; the *Persian*, *Grecian*, and *Roman* Monarchies are undeniable Instances of. How Invincible were they in Battel? They conquered People, and overran Nations, till their Armies began to drink strong Liquors; and then they neither could conquer, nor defend what they had brought under their Yoak. But to conclude this, how many Distempers does drinking *Water* prevent? And what Multitudes of afflicted Creatures is it capable to Relieve? But of this afterwards.



CH A P IV.

Of the Agreeableness of Water to the Parts of our Blood.

TH E Blood has in it a *Water* without Taste or Smell, neither of the Nature of *Salt*, *Spirit*, nor *Oyl* ; it has likewise in it a very clear transparent *Serum*, differing from the former, that grows thick by Cold, but not by Heat: The Blood consists of globular Particles, which turn thick, and harden by either Heat or Cold : These three Parts are visible to the Eye in the Blood of a healthy Person ; but Microscopes assure us, that the Blood consists of spherical Particles, floating in the first *Water* ; they attract one another, and appeared in the larger Vessels ; but in the lesser they are divided into Six times less Parts, and look transparent ; and these, as they reach smaller Vessels, are yet broke into lesser Parts. The first Division may be the *Lymphatic*, and the last the *Nervous* Juices : So that it's the Combination of these Globules that gives the Blood its red Colour, and the Recession of them from one another, that makes it transparent and pellucid. Seeing then, *Water* and *Serum* are the Basis of the Blood, and contain its nutritious Juices, and that the Globular Parts must be separated and divided before they can enter either *Lymphatics* or *Nerves* ; therefore its plain, that that Liquid whatsoever it is,

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s, which contains least *Salt*, *Oyl*, or *Spirit* (the Solid Parts of our Aliments having what of these is necessary for the Body) and naturally consists of the smallest, smoothest, sphaericallest Particles, must find the easiest Passage, with the smallest Force, and suffer the terrestrious Parts of the Aliments to be thoroughly diluted, and soonest broke, and give the least Disturbance to the Body in its whole Course; must be the most agreeable to the Blood, whose due Composition and Mixture, whose smooth and regular Circulation is the main Cause of Health: And this Liquor is *Water*; and therefore it seems most *homogeneous* to our Blood for ordinary Drink. If it be objected that stronger Liquors encrease the Heat of the Blood, and that this Heat is the Cause of its Motion; I answer, that this is a manifest Fraud: For Heat is the Effect of Motion in a Man; and the Circulation of the Blood is only caused by the Motion of the Solids through which it passes; for when the Action of the Solids ceases in Death, tho the Body retains its Heat for some Hours, yet the Blood has no Motion, but presently stagnates and coagulates. I say further, that the Exciting of a rapid Motion in the Blood, by drinking spirituous Liquors, cannot fail of being prejudicial to the Body: For this encreased Motion must be owing, either (1.) To an amass'd Quantity of Fluids filling and distending the Vessels, which raises a greater Resistance in the Solids, while they exert their Force against the Fluids: The Fluids in the mean time, as eagerly make Opposition to the Solids; Solids and Fluids both violently rub against one another, whereby the thin and wa-

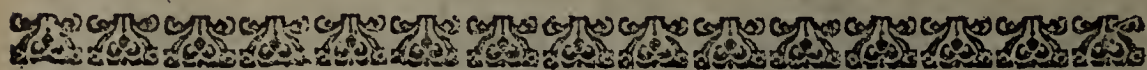
try Parts of the Blood will be dissipated, the remaining will grow thick and tough; and unless this be followed with sound and natural Sleep that Night, whereby the Solids may be taken off their Crispation, and free Perspiration follow, and the following Day thin diluting Liquors be drunk, and Exercise used to thrust forward the slimy tough Matter, which sticks in the Passages of the Skin, and break that which is in the Vessels amongst the Muscles; the Event will be Obstructions, Inflammations, Schirrus's, or Imposthumations, &c. Or (2.) It must be owing to the *saline acrid* Bodies floating in the Liquor drunk, which passing the Lacteals along with the Chyle, and getting into the Blood, either buoy up the small Capillary Arteries, or Lymphatics; or prick, pain, or dilacerate the Membranes, which being irritated contract themselves, straiten their Cavity, and encrease the Symptoms; or 3^{dly}, Strong Liquors, containing much spirituous Parts, afford a greater Quantity of nervous Juice for a short time; which being quickly separated in the Brain, and propell'd by the Force of the Blood in the Arteries along the cerebellous Nerves to the Heart, encreases its Motion, and the Bloods Circulation but this is always follow'd with as much Lowness of Spirits after, so that the Person to gain a necessary Stock of Spirits, is frequently obliged to repeat the same Force, till he learn a Custom of Drinking and Dramming; the sweet Effects of which, Occasion will afterwards offer it self to be considered. So that its neither the Heat of the Blood which is the Cause of its Circulation, nor is it any Thing properly inherent in

the Blood, or belonging to it's Constitution ; or otherwise wherever the Vessels were dilated or broken, and the greatest Quantity of Blood collected, there would be the quickest Circulation, which is demonstrably False ; therefore it's evident, the Original of the Blood's Motion is in the Solids.

THE circulating Blood has this Property in common with *Water*, that it's Parts easily slip one upon another, and suffer an easy Separation from one another ; and this Fluidity it must enjoy while a Liquor is drunk, whose Parts are small, smooth, solid, and their Diameters near equal ; and this Liquor is *Water*, or *aqueous* Liquors, not fill'd with *viscid*, *salt*, or *acrimonious* Particles, carefully huddled together with as much Art, as they are injurious. Want we a Liquor to preserve the Quantity, Figure, and Solidity of the Blood, then *Water* offers fairest for continuing all these ; Few so covetous of it (unless Thirst compell them) as injuriously to encrease the Blood's Quantity ; but if it should happen that it be somewhat augmented, yet *Water* promoting the Secretions it will soon be carried off, and do little or no Injury to either Solids or Fluids : Neither will drinking a small Quantity of *Water* hurt the Figure or Shape of the Parts of the Blood ; for the Properties of *Water* are such, as will neither break the Parts of the Blood, nor blend it with *acrid* Particles. Nor, lastly, will the Solidity of the Blood receive Damage from *Water*, because it's Particles are so solid, that the Air being exhausted, its Parts are incompressible.

THE Homogeneity of *Water* to our Blood is further manifest, from this, that our Life is supported

ported, and our Bodies preserved, by such Substances, whether Vegetable or Animal, as were before endu'd with Tubes and Pipes like to these in our Body ; and which by the Stomach's Motion, are again reduc'd into such Parts, as they were before they constituted these Pipes ; and after Digestion, when carried into the Blood, their nutritive Parts are applied to the Sides of the Vessels, such as they constituted before : Now these Vegetables or Animals had no other Liquors to nourish them but *Water*, wherewith they flourished and grew ; but put into spirituous Liquor, they would have languished and died.



C H A P. V.

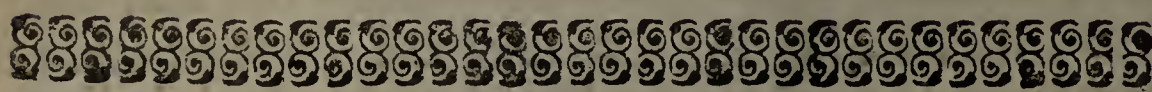
How Water operates upon the Solids and Fluids.

WATER acts, after the best Manner for our Health, upon both Solids and Fluids : It acts upon the first, by disposing of every particular Part to admit of, and receive the circulating Fluids into their Pipes, and to allow them free Passage ; in which Course Secretion is performed. Thus *Water* mixt with the Blood affects the Solids, by causing a Flexibility of their Vessels, and removing the Resistance of the solid Parts, and opening the Canals, that the other Parts of the Blood may have free Course ; for the readilier they pass the narrow Strainers, Secretion is so much speedilier perform'd.

W A T E R

WATER acts upon the Fluids of the Body, by diluting and mixing their Parts, preventing or dis-intangling their Cohæſions and *Moleculæ*, which would cause Obſtructions in the ſmall Veſſels; it's as a Sheath to blunt their *acrid* Particles, till it help them out of the Body; it diſſolves the Salts, breaks and cauſes their Diſcharge; it fuſes a thick, viſcid, and ſizy Blood, without injuring it's healthy Texture, or rendering it morbidly thin; for theſe are only the Effects of ſpirituſous *Medicines*, *Volatile Salts*, and *Aromaticks*, whoſe minute Particles mixing with the Blood, ſeparate it's Parts, and rarify it, deſtroy the natural Tendency of it's Particles to cohære with one another; the Solids are thereby relaxed, and the Interſtices in the Coats of the Veſſels become too large to confine the Blood within their hollow Cavities; but it takes Flight thro' all Parts of the Body, leaves the Perſon in a moſt languid ſpiritleſs Condition, ready to faint away; and at the ſame time, the Solids of the Body have no Strength to reſiſt this Expence of Fluids. The Soul at the ſame time is in a kind of Surprize, to find its Habitation poſſeſſ'd with a Sort of Faſcination, and itſelf unable to cauſe it's bodily Organs to exert their Power for their own Safety; and this is the true Reaſon, why ſuch as take Pleaſure in frequent ſwallowing down the *volatile Salts*, and *Spirits of Hartſhorn*, *Sal-armoniacks*, or *Sal volatile oleoſum*, in their Liquors, are ſtill fainter; and the more they uſe them, the worſe they find themſelves: But would they be ſo kind to Nature, as drink Two or Three times a Day a Draught of *cold Water*, it would

corrugate, draw up and straiten the Fibres, narrow the Interstices of the Coats of the Vessels, give a Check to the excessive Exhalation of the Fluids, and at the same time stop no natural and necessary Evacuation : So far is *cold Water* from overfusing the Blood, that it keeps up the due Magnitude of its Particles, and restores their Tendency to one another, and recovers the natural Resistance of the Vessels, and takes off a Constriction of the Fibres, when caused by acrid Particles irritating the Membranes, causing Pain and Contraction : So that the *Modus* of *Water's* Operation, is the best suited for our general Use of any other in Nature.



C H A P. VI.

To what Constitutions Water is most agreeable.

THIS Particular has been so little regarded, by all that I have met with, who have written on *Water*, that I am surprized at their Neglect or Ignorance : For altho' *Water* be a most Universal Liquor, yet if it had been equally safe in all *Constitutions, Ages, Sexes, Seasons, Diseases, &c.* what Need of any other Liquors : Nay, some *Authors*, who have written lately on this Subject, have either forgotten or thought it useless to mention the Differences of *Water* ; but I rather think, that they were ignorant

ignorant of its Nature and Choice, and therefore have committed horrid Blunders, to which valuable Lives have fallen a Sacrifice : For tho' it may at first increase the Rigidity of the Solids, yet when got into the Blood and warmed, it relaxes, or it may be used warm. *Water-drinking* is not only safe, but most useful for all these Temperaments which are naturally of stiff, rigid, contracted Fibres, whose Blood is thick, strong, and Vessels narrow, occasioned by the great Resistance of the rigid Solids. And tho I consider different Constitutions, only as so many various Motions in sundry Persons ; yet, that I may better be understood by the Vulgar, who seem still to be more acquainted with the Division of the Ancients, than of late Writers, I shall for their Advantage condescend to use it. And,

1. WATER is the most convenient Liquor for all Persons of a hot Constitution ; these have gross Hair in great Quantity, over the whole Body, the White of their Eye is full of red Vessels, and the Corner next the Nose is very red ; their Face and Lips are of a ruddy Complexion, their Bodies slender, but quick, strong, and hot ; their Pulse is quick, large and strong ; their Bowels and Vessels very strong, and their Fibres very robust, and apt to contract ; their Blood very fibrous, and they passionate : From all these Signs, it's manifest, that strong Ale or other spirituous Liquors, must be most injurious to such Constitutions ; but *Water* cools, moistens and dilutes, and therefore must be of infinite Service to them.

2. Those

2. THOSE who are of dry Constitutions, their Juices are few, and a little acrid, their Bodies slender, and Vessels contracted.

3. PERSONS of cholerick Constitutions, who are of a swarthy Brown Complexion, lean, have hard fleshy Parts, great Veins standing out, a strong thick Pulse, Abundance of black curled Hair, are self-will'd, passionate, such have Solids, whose Resistance is too great for their Fluids; and therefore should drink soft, cool, insipid Liquors, in Order to fill the Vessels, and maintain a due Equilibrium betwixt Solids and Fluids.

4. IN melancholy Constitutions, the Persons are of a blackish Countenance, bald, or black haired, very lean and dry, implacable, true to their Resolutions, have profound and penetrating Judgements; their Vessels are low and strong, their Blood thick and cohæres strongly: To these Ale and all spirituous Liquors are very hurtful; but *Water* cools, loosens, softens and dissolves; and ought in all these Four to be the common Drink, if Life and Health were consulted.

5. IN sanguine Temperaments, wherein there is Abundance of soft Flesh, great blue Veins, a red Countenance, flaxen coloured Hair; the Persons are passionate, and prone to Action; in these all hot stimulating Liquors are very disadvantageous; but soft, weak, temperate Things useful.

IN a cholerick Constitution the Blood is thin, strongly and swiftly whirled about. In a Sanguine it's too plentiful, and circulates briskly; in a Melancholic it's thick and moves slowly.

IN the two following, *Water* must be used more sparingly, and with better Caution.

1st, In a flegmatic Constitution, wherein the Blood's Motion is weak and slow, and full of watery Humour; the Persons Veins small, and lie deep, the Skin smooth and beautiful, a very fair lovely Countenance, fair white thin soft Hair, narrow Vessels and white tumid flabby Bodies; for them, Liquors of a more drying, heating and strengthening Nature, moderately drunk, are more proper; but moist and cold drinks are hurtful, and relaxes too much the already weak Solids.

2^d, In a cold Constitution, wherein the Blood is soft, watery and slimy, a pale Countenance, their Pulse dull and heavy, their Hair soft and thin, their Body gross, weak, slow, cold, and subject to Corpulency and Swellings: Both these Constitutions if they indulge to a free Use of *Malt* Liquor, very rarely fail of falling into *Acachexies*, *Leuco-phlegmatia's*, and *Dropsies* of all sorts, or *Corpulency*, or into some of these Disorders, which are the Effects of a lax Fibre: A Glass of *Wine* diluted with thrice the Quantity of *Water*, is a commendable Liquor for them; or *Water* mixt with stale *Beer*, or prepared with heating, strengthening and aromatick Ingredients.

CHAP VII.

In what Stages of Life Water is best to be used.

IT'S fit this should be the next Inquiry ; but truly the poorer Sort, and who are really the healthiest, are obliged to use *Water* for their common Drink, in all the Periods of Life : But for Children, who cannot take *Meat*, *Milk* is the most agreeable, because soft, smooth, balsamick and nourishing ; and indeed, even to them, if Thirst required, I should prefer *Water* given them to *Ale* ; for tho' their Solids be very lax, yet a lesser Force is necessary to digest *Water* than any other Liquor, which borrows it's Strength from *Acrimony* or *Viscidities* ; besides the Nature of *Water* is such, that it will not twitch, irritate, nor stimulate the tender Membranes of their Vessels ; but the heterogeneous Particles of other Liquors, whether solid or tenacious, getting into the Canals of the small Vessels, which have not sufficient Force, either to break, dissolve, or drive them forward ; they will cause Obstructions with Renting and Tearing of the Vessels, either on the Bodies Inside or Outside, whereby it's filled with Eruptions, Boils and Imposthumes ; likewise Children, not being capable of Exercise, hot Liquors for these Reasons lay them at the Mercy of all inflammatory Distempers ; and this is one special Reason, that during the Course of my Practice, I have always found

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that the Children of poor People, or Rusticks, when seiz'd with *Small Pox* or *Measles*, their former Drinking *Water*, has often caused them to escape with very slight *Fevers*, and other small Symptoms, without the Assistance of Medicines; whereas the Youth of Citizens and Gentlemen, who have been brought up with more generous Liquors, have very hardly escaped high *Fevers*, great *Inflammations*, *Hemorrhages* or *Fluxes* of *Blood*, and other dangerous Symptoms. And truly, such can scarcely, in a probable way, promise themselves Children, till these inflammatory Diseases be past them. *Water* may very properly take Place in Youth, for then their Solids begin to harden, they are accustomed to Sport and Exercise, whereby the Muscles are put in Motion, and the Parts of the Blood mixed: But their Strength is not yet so great, as to overcome the Resistance of *acrimonious* or *viscid* Bodies. But in the Flower of Age, *i. e.* grown up Youth, and Manhood, *Water* is the best, healthiest, and most strengthening Liquor Men of these Constitutions lately mentioned can drink. But in old Age, half a Pint of soft smooth *Wine*, either drunk by it's self, or mixt with *Water* is very proper; for *Water* keeps the small Vessels from closing up, preserves the Food and Blood duly thin, and continues the narrow Canals as long open as may be; the *Wine* keeps the Spirits up, keeps the Fibres from flagging, and maintains the remaining vital Flame, with as much Ease and Comfort as can be expected. And this I look upon the fittest Liquor for lengthening out Life, and making that declining Period as easy as possible.

C H A P. VIII.

The Quantity of Water to be drunk, and which is the properest Time for it.

TH E Quantity of *Water* to be drunk may be next demanded : But here no certain Standard can be set ; for this differs according to the Seasons, more being necessary in *Summer* and warm Weather, to keep up the due Quantity of Fluids, and supply the Expence of Evacuations. *Winter*, or cold Weather, requires less, because insensible Perspiration is very much diminish'd. Persons advanc'd in Youth, and come to the Vigour of Age or Manhood, require more than the younger, or such as are more advanc'd in Years, whose Evacuations are impaired. Less is necessary for Idle and Sedentary Persons, than the Laborious or Exercised. Warm *Climates* call for more than Cold : Some Sorts of Food require more to soften, dilute, and break their hard, or separate their tenacious Parts than others : Thus, dry'd Meats, or pickled must have more to dilute them than fresh ; but however, from half a Pint to a Pint, or a Pint and a half, *i. e.* a Pound and a half may suffice for Dinner, if the Person has only eat moderately ; but some Belly-gods must have Drink in Proportion to their Food : But in any Case it's better to refresh Nature often, than to swallow down too large Doses at once.

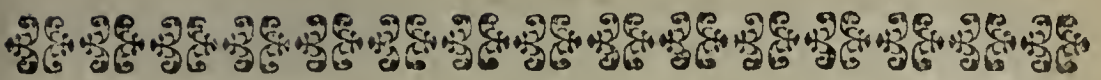
THE Time of drinking *Water* is necessary to be known: Half a Pint or more in a Morning, to Drinkers of *Malt* Liquors, will be very beneficial; for *Malt* Liquors having in them gross Parts, cannot fully dilute all the Parts of the Food, but will leave the Dregs of Diet, in a thick Slime sticking to the Walls of the Stomach, which a Glass of *Water* washes off, dissolves, and carries the thinner Parts into the Lacteals, and the grosser to the Fæces. A Glass of *Water* after Breakfast (provided *Tea* or *Coffee* was not drunk) is proper to sharpen the Appetite for Dinner. I should not advise swallowing down large Quantities of any Liquor at Dinner: For the thinner Parts of the Aliments will soon be turned into Chyle, and sent off to the Guts; and the grosser, harder, or more tenacious Parts will remain; and what is drunk with Dinner must go out of the Stomach with the first of the Chyle, and the whole Business of Dilution will remain for the Saliva: The properest and healthiest Method then seems to be, to drink a small Draught after Dinner, and a larger Cup an Hour after, and a Glass at Four of the Clock. I can by no means learn the Advantage, but great Injury, of pouring frequent and large Draughts of Liquor at Dinner into the Stomach, as it were a Barrel; for few have such Taste of *Water*, therefore it is commonly *Malt* Liquor or *Wine*. Lastly, after Supper, or at going to Bed, it may be very useful; but if such as love strong Liquors cannot comply with this, it will be their great Interest to drink a large Glass every Morning, and another after Dinner; this will prop up their Body, to follow

their beloved *Ale* much longer than otherwise they could possibly do. *Water* and all other Liquors should be carefully refrained, when Persons are very warm ; but let them first, gargle their Mouth and Throat with *Water*, then rest a little, and so drink a sparing Draught : Or those who have it, and can afford it, a little *Brandy* drunk first, and then a Glass of *Water*, may be done more safely. I have known many Instances where a large Draught of *Water*, *Ale*, or any other Liquor, drunk quickly by one when he has been very warm, has occasioned *Obstructions*, *Inflammations*, *Impostumations*, or *Schirrus* in *Liver*, *Spleen*, or some of the *Viscera*, *Jaundice*, *Dropsy*, *Cough*, *Asthma* or *Consumptions* ; for when a Man is very warm, the Blood is rarified, the Vessels distended, the Fibres relax'd ; and the Pressure of the Atmosphere on the Surface of the Body renders the capillary Vessels at their Extremities too flaggy ; whereby if he drink much, the Spring of their Fibres is overcome, the Perspiration is stopt, the Blood stands still in these small Vessels, the Propulsion of what is behind is prevented, the Blood's Quantity is increased ; besides its Rarefaction, the cold Liquor draws up, and straitens the Blood Vessels in the Guts ; the Blood is not returned from the Extremities of the Body, by the Veins ; the Vessels of the Liver, Spleen, Lungs, or other internal Parts are distended, till they cannot recover their Tone ; the sundry Parts of the slow moving Liquors attract one another, their viscid Parts stick to the Vessels, their salt Parts irritate and stimulate the Membranes, an Inflammation is raised, frequently

quently not to be cured but by Death : But if the Vessels of the inward Parts of the Body have the Strength to preserve their Form, keep their Ground, and cause this Distention to fall on the Capillaries on the Surface of the Body, then *cuticular Eruptions, Scabs, Boils, Blains, St. Antonies Fire*, or a great *Scurvy* on the Skin, may have the good Fate to clear the Body ; or if the Strainers of the Guts be in such Order, as to sustain the Impetus of a rarefied and increased Mass of Blood, and make proportionable Secretion, then a natural Purge prevents further Danger ; and this is the easiest Way of all others. But when one has receiv'd Hurt this Way from drinking *Water*, or other Liquors, I have often known Phlebotomy, Abstinence, or Temperance, and the Juice, Decoction, or thin Syrup of the Astringents, especially Daisies, with the opening Roots, or capillary Herbs, do great Service ; and even in desperate Cases ; but then this ought to be done presently ; for I have been informed by the Patients, that they either found themselves disordered the next Moment after, or within half an Hour. Labourers should take special Care they drink not in a Degree answerable to their Thirst, in warm Weather, or when they are very hot at Labour : It's equally the same Danger to open their Breasts, or put off their Cloaths, for the Benefit of a cool Gale, when they are very warm ; for then the Solids are flagg'd, the excretory Ducts of the Skin too lax, Perspiration little, the Solids on the Bodies Surface cannot give that necessary Resistance to the Pressure of the Air ; but as I

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just now said, it will cause the Blood to stand still; the Fluids in all Parts of the Body being encreased both from Rarefaction and Drink, the Resistance of the internal Solids will also be diminished, the Blood's Motion and Dissolution impaired, whence will proceed a Viscidity in that Juice, several *Molecules* of different Natures will be formed, from the Attraction of the sundry Particles. The *Labourer* or thirsty Person had much better suffer Thirst, with Resolution, till the Body be cooler, and then drink sparingly; this will not impair the Force of the Solids, nor diminish their healthful Equilibrium; for the Cause of their Thirst is not so much a Want of Fluids in their Body, as a violent Circulation of their Blood; whereby the Secretion of the Spittle by the *Glands* is disturbed and hindered, and the great Heat of the Air constantly drying up the little Spittle that's separated from the Blood in the Mouth and Throat, whereby the Parts are parched or scorched, and the Person seized with intolerable Thirst. That this is the true State of the Blood, or Cause of these Distempers after plentiful Drinking, or exposing the naked Body to the Mercy of the Air when very warm, repeated Experience from looking on the Blood let out of their Veins afterwards has assured me; for the Blood after standing a little, was always of a yellowish Hue, covered with a Pellicle so tough, that it gives great Resistance to a Knife in cutting.



CHAP IX.

Why Malt Liquor is condemned.

BUT having hitherto said so much to the Commendation of *Water* in general, and insinuating or expressing a Dis-respect of other Liquors, for common Drink, especially these from *Malt*, it will be thought unfair to condemn them without a Hearing, Examination, or solid Reasons offer'd against them.

I say, other, and stronger Liquors are drunk in larger Quantities than unvitiated Nature requires, whereby the Vessels and Canals are distended, which Distention gives a greater Resistance to the Solids, and they exerting their Power will likewise oppose the Fluids; whereby the Circulation is accelerated, and intense Heat raised; and if the Person continues to drink, the Force of the Fluids will over power the Opposition of the Solids, Circulation becomes slower, Heat abates, the Person becomes stupid, sottish, and Nature is put to all her Shifts to preserve the Machine from perishing in this Deluge; and what the Effects of this will be, needs neither much *Rhetorick* nor *Mathematicks* to explain: Now, where do we find the Man or Woman which puts himself to this Tryal, by drinking excessive Quantities of *Water*. But,

2. THOSE Liquors contain in them less Air, therefore their Parts cannot be reduced so small in the Body, seeing they want a Quantity of Air, to swell and burst them, or expose them to the vibrating Coats of the Vessels among the *Muscles*, to break and grind them.

3. THEIR Parts are more viscous; and their Particles stick more tenaciously to the Sides of the Vessels when got into the Blood; for they have larger Surfaces, touch in more Points than one, attract more strongly, and so require a greater Force to separate them, which excites a great Oscitation and Pain, tho' but dull and heavy; and if this Viscidity be placed at a great Distance from the Extremity of the Vessels, that Part will receive as great an *Impetus*, as the whole remaining Part of the Vessel, whereby the Cavity will be extended, and if the Stream of Blood do not wash off this Viscidity in Time, either a Rupture of the Vessels will follow, and their Contents be discharged either within or without the Body; or if the Sides of the Vessels be not broke, this Viscid whose Surface is large, will gather more to it, till, if in a large Vessel, it forms a *Polypus*; if in many small Vessels, it raises a *Schirrus*; or the whole Cavity being fill'd, the Circulation is stopt, and the Vessels become Solids.

4. OTHER Liquors have more Acidity, or acrimonious Salts, and so must be more pernicious to the Body. The famous Dr. *Boerhave* [*de Virib. Med.* p. 15.] has prov'd, that the oscillatorious Motions of the Body can never be more altered, or their Equilibrium be more

destroyed, than when some acid Body insinuates it self into some small Cavity, or some Vessel, and adheres close to its Side, and cannot be expell'd thence with the Liquor contained in the Channel, whether that *acid* be *pungent, flexible,* &c. wherefore he concludes, the more sharp, ponderous, and austere any Particle is, and the closer it is driven into, or fixed in, the Sides of the Vessel, the more violent will be it's Effects: But this will occur afterwards.

5. HOT spirituous Liquors heat and thicken the Blood, and the hotter the Liquors are, when drunk plentifully, the more is the Blood coagulated, and with the greater Difficulty will it be resolved.

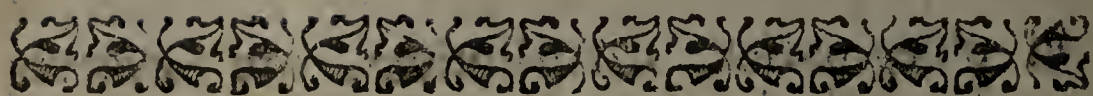
NOW, a Viscidity in the Blood is occasioned by *Malt Liquors* thus: Either the Liquor it's self contains a Viscidity in it; or a Concretion of the Blood, is occasioned by the encreased Motion from the mutual Resistance of Solids and Fluids, whereby the subtiler Parts exhale, or are evacuated, the grosser Parts remaining unstrained off; the Force of the Solids being impaired, the Blood's Motion is slower, it's Parts bulkier, less able to pass the Vessels, have a greater Readiness and Advantage to attract one another, form many Cohæsions; and if this Slowness of the Blood's Motion be in the great Vessels, it will not fail to gender *Polypusses*, from a gluey Matter, first iticking to the Sides of the Vessels, and then by Degrees gathering more to it, the small Blood Vessels forming the Sides of the greater, finding least Pressure or Resistance on that Side, wherein the glutinous

Matter sticks, (it sustaining the Blood's Force) their membranous Coats are dilated, and together with this Matter, form a Solid Body ; or from the grosser Parts of the Blood coalesced mingled together, which increasing stops the Blood's Circulation in the great Vessels, and causes Trembling of the Heart, and Death. If a Viscidity causes a Slowness of the Blood's Motion in the small Vessels, it at last comes to a *Stagnation* thereof, succeeded by *Inflammations*, *Ulcerations*, *Schirrus's*, *Cancers*, *Gangrenes* and *Mortifications*.

BUT, If the Motion fails in the lymphatick Vessels, whose Coats are most pellucid and slender, a gluey Matter will obstruct the Vessels ; the Effects whereof will be *Leuco-Phlegmatia's*, and all Sorts of *Dropsies*, the Vessels swell, and the Parts become transparent ; hence the Body is seiz'd with *Paleness*, *Sluggishness*, and *cold Swellings*.

THE Acrimony caused in the Blood, must either be from *muriatick* or *armoniack* Salts, or from an *acid* or *alkaline* Acrimony, some few of whose Effects I shall but name. The Effects of a *muriatick saline* Acrimony, from highly fermented Drink, or stale Beer, such as is used in all *Yorkshire*, are great *Thirst*, a *Rigidity* or *Constriction* of the *Fibres*, an almost *indissoluble* Coagulation of the Humours, great and quick *Stimulation* of the Parts, and sometimes Loss of some of them : How injurious then must this Sort of Liquor be to slender, meagre, thin Constitutions, the Stiffness of whose Fibres requires soft, smooth, balsamick Drink, if *Water* may not suffice ? The Effects

Effects of less fermented *Ale*, or *mild Beer*, in cold phlegmatick Constitutions, are *Belchings*, *Flatusses*, *Wind*, *Contractions*, or *Cramps* of *Stomach* and *Guts*, *Loathing of Meat*, *Indigestion*, *Vomitings*, *Cholicks*, *Fluxes* of the *Belly*; if such People as are of a lax Constitution of their Solids will drink *Malt Liquors*, they ought to shun *Mild Beer*, and use *Stale*; and in the *South* they are very well provided with it. The Effects of an *acid Acrimony* from drinking *Malt Liquors*, are *Atrophias* or slow *Wastings*, *Paleness of the Face*, *Lips*, *Mouth* and *Jaws*; unquenchable *Thirst*, *Gripings* of the *Belly*, small *Inflammations*, great *Sweatings*, *Hunger*, *Gnawing* of the *Stomach*, dangerous *Cholicks*, and often *Convulsions* of the *Guts*, *Obstructions*, *Scurvy*, *Pimples*, *Ulcers*, great *Pains* in *Head* and *Nerves*, sometimes *Convulsions*. An *Alcalious Acrimony*, produces *stinking Breath*, *Ructations*, fills the *Mouth* with *filthy bitter Matter*, produces *Loathings*, *Vomitings*, *Fluxes* of the *Belly*, *Cholick-Pains*, *destroys the small Vessels*, prevents *Secretions*, raises violent *burning Fevers*, *Inflammations*, *Ulcers*, *Mortifications* and *Death*. Seeing Constitutions differ, I own, it is not to be expected, that spirituous Liquors should produce all these Symptoms or Diseases in one Person; but all Drinkers have several of these, and if they come not to that Height, it's because they afterwards use great Exercise or hard Labour, with sometimes thin diluting Liquors, which prevent their immediate hurting.



C H A P. X.

Of Water as an Alterative.

I Shall next consider *Water*, either as a general Remedy, or as respecting particular Cases: In treating of it as a general Remedy, I shall first shew it to be an Alterative, and then prove it an Evacuator.

I. **W A T E R** is the best *Diluter*, or Thinner of the Blood, by interposing its Parts, between those that are thicker, viscid, or salter, and thereby separating their Contacts, and diminishing their Force of Attraction; neither is this Separation momentary, but it prevents their Contacts again, before they be broke, dissolved and expelled out of the Body: Now *Water* must be fittest for this Purpose, since it's Particles can be separated from one another with the greatest Ease and least Force, being of great Tenuity, and of a quick and fluid Nature, and therefore the greatest and best *Diluter* in Nature: For, altho' we sometimes order Patients a Glass of *Wine*, e. gr. in *Dropsies*, where the lymphatick Vessels are distended; with a viscid Scrum, the Solids relaxed, and unable to act upon the Fluids, and to encrease their Motion; yet is not this because red *Wine*, is a better Thinner of the Blood than *Water*; but because it's
of

of a more spirituous stimulating Nature, and has in it more solid terrestrious Particles analogous to these of our Bodies ; in that State, it stirs up the Motion of the Muscles and Fibres, by stimulating and contracting of them, to act more vigorously, agitate, move, and propels the stagnating Liquor.

2. WATER is the greatest *Relaxer*, dilating the Fibres, rendering them more flexible and glib, by penetrating and insinuating its self into the Interstices, dissolving any cohæring Matter, lubricating, smoothing, and moistening the rigid Fibres.

3. WATER is a *Constrictor* ; (which is the contrary of *Relaxation* :) For having insinuated itself into the Pores between the Passages, it unites it self with them, or causes the Attachment of similar Parts, by preparing the Way, and removing the Hindrances of their Apposition, whereby it's Parts may be said to become a Part of their Body : But *Water* first enters the Fluids, and dissolves the attracted Particles, and softens the Fibres, then makes it's Way into the Interstices. Thus, any Piece of *Leather*, or *Cloath*, immersed in *Water*, becomes much softer than before, making it flexible by filling all it's Pores with *Water* ; but when the Motion ceases, and the *Leather* dries, it's much stiffer than it was, is contracted, pursed, and drawn up, for some Particles of the *Water* had got in betwixt the Parts of the *Leather*, and become a Part of it's Body, whereby it was made more compact.

4. WATER is a great *Aperient* or Opener ; because it dilutes and dissolves the Fluids, washes off viscid or acrimonious Particles from the Sides of the Vessels, moistens and loosens the rigid Solids, whereby both are altered, and Motion procured to the impacted Matter, which caused Obstructions in the Body.

5. WATER being the greatest Diluter, must be the best *Attenuator* ; for being of smooth, small Parts, it penetrates the Passages, loosens and dissolves the thick and grumous Fluid.

By a *Diluter*, I understand, whatsoever renders the Blood more fluid, and that which has this Effect must consist of Particles, which are separated from one another with less Force and more Ease. By *Relaxation*, I mean, an Alteration in the Solids, whereby they are rendered more flexible and dilatable, which yet does not separate the mutual Contact of the cohærent Parts. To be an *Aperient*, is to soften and loosen the impacted Matter shut up in a Vessel, and either to lubricate, or invigorate the containing Vessel. An *Attenuator*, is what alters the Form, or Figure, and lessens the Quantity of the Particles of the whole Mass of Blood. *Water* therefore acts upon it by diminishing the attracted Masses of our Fluids, and separating them into lesser Parts.

6. WATER is a good *Discussive*, by dissipating coagulated or stagnated Humours in the Vessels or Membranes, by acting as a Diluter in both Solids and Fluids, it gains Liberty and Freedom to the containing Vessels to contract, the Resistance of the thick Fluid being lessened,

7. WATER is a *Coagulator* or *Incrassator* ; for if the Solids be found and elastick, it encreases the Blood's Quantity and Motion, forwards the Secretions, hastens the Evacuations, and carries together with it's self, the Liquids out of the Body, till the Globules come nearer to Contact with one another : The smallest and fluidest being expelled by Urine, Sweat or Perspiration, the Blood has Opportunity to attract it's Parts, and form the red Globules of a right Figure and Bulk in the Veins.

8. WATER is a good *Detergent* and *Mundifier*, by dividing, breaking, and dissolving the Cohæsion of any tenacious or gluey Matter, which cleaves to the Sides of the containing Vessels, for together with the Force of the Solids, *Water* dilutes, washes it off, and expells it from the Body with Exercise.

9. WATER is a *Carminative* ; for the Guts being pained by Flatulencies, a Glass of *Water* corrugates their fibrous Coats, whereby they recover their Elasticity, perform their peristaltick Motion, they move and agitate the Contents more briskly, and the Wind is expelled either upwards or downwards, and the stretching Pain taken from the Stomach and Guts. *Water* is also a *Carminative*, by dissolving that Slime which lies in the Bowels, and hastening it's Exit by some Outlets of the Body. But I will not be tedious here.

C H A P. XI.

Water promotes all the Evacuations, and how.

WA T E R is an excellent Promoter of all the necessary Evacuations of the Body.

1. *Warm-Water vomits*, if taken into the Stomach in large Quantities, and quickly swallowed down; thereby the Fibres are forced into a Contraction, the Sphincter of the Pylorus is closed, and the *Water* is thrown up together with what was before in the Stomach; and this is always a ready, safe, and easy Vomit, cleanses the Stomach, softens and lubricates the Parts, frees them from pituitous Matter; and hereby it helps Expectoration from the Contraction and Convulsion of the *Muscles* of the lower Belly, and Coats of the Stomach, whereby the Cavity of the *Thorax* is greatly straitned, a Shock given to the Lungs, and the Flegm sticking in the *Bronchia* is vomited, or quickly after spit up.

2. *W A T E R purges* by expelling the *Fæces* out of the Intestines, without Pain or Disturbance; for it softens and smooths the Guts, it incides, divides, and puts in Motion, the viscus Matter, and the hardened Excrements, with great Ease and Safety, without the Confinement always necessary for the Safety of the Body under other Purges. And for this Intent

Water

Water, infinitely exceeds all strong Purges, in *choleric* Constitutions, or such as are naturally *costive*, in *Hypochondriack*, *Hysterick*, *Dry* and *Melancholy* Constitutions, and to such as are troubled with *Piles* and *Hemorrhoids* it is excellent; for strong Purgatives, (besides other Inconveniences) spend Bodies of these Temperaments and Diseases, and make them faint; they are often by them seized with *Tremblings*, *Paleness*, and *Weakness*, and never fail to be bound up afterwards: Whereas *Water* loosens the Belly gently, and leaves it so without any Astringency; but when it must be drunk in a Morning in the open Air, and gentle Exercise us'd after it; or to render it more effectual, a little *Oyle*, *Honey*, *Manna*, or *Venice Soap*, may be mixed with it: It's likewise most adviseable in hot Weather, when purging may be necessary; but the Season forbids those, whose Power lies in subtile volatile Parts, which quickly make their Escape thro' the Body, leave it drier, and full of Uneasiness; whereas this of *Water* is very safe, gentle, and often a profitable Medicine.

3. *WATER* is a *Diuretick*, for it increases the Quantity of the Blood, dilutes, divides, and dissolves it's Parts, relaxes the Strainers of the *Kidneys* whereby the Fluids easily make their Way thro' the renal Glands, and sends off the *Urine* by the secretory Ducts; but when *Water* is used for this Intention, it must be taken in lesser Quantities, than for either of the former, and more frequently, and you must walk or ride after it: A small Dram of *Brandy* after, makes it operate much more sensibly and plentifully; but in *Obstruc-*

tions of the *urinary* Passages from Stimulation or Irritation, *Brandy* and all spirituous Liquors do Mischief; then a Decoction of Anodynes and Emollients takes Place, and this makes an excellent Drink: In *Cramps*, *Hystericks*, and *Hypo's* a watery *Diuretick* is good.

4. WATER is a very fit *Emmenagogue*, where either a Deficiency of Blood to fill the uterine Vessels, or Thickness hinders it's slow Circulation in these Capillaries; or yet, where a Rigidity or Stiffness of the uterine Canals resists the Force of the Fluids, and prevents the necessary Rupture of the Vessels: But in this Case it must be drunk warm, and it will be so much more effectual, if some uterine Vegetables be boyled in it; then let it be drunk thrice a Day Three Days before the Time they are expected.

5. WARM Water is a good and safe *Sudorifick* it increases the Blood's Quantity and Thinness whereby it reaches the Strainers of the Skin relaxes and dilates them, causes them to pour out an insatid free and pure Sweat, which is immediately gone; this Sweat will very readily help recent Colds, or nasty Out-Breakings on the Skin, and takes off Rigidity of the cuticular Vessels.

6. WATER is a very good *Diaphoretick*, promotes insensible Perspiration, by thinning the Blood, breaking it's Masses, dividing it's Parts and making it fit to pass the excretory Vessels, on the Surface of the Body.

7. WARM Water is a notable *Pectoral*, by taking off the Rigidity of the Vessels of the *Bron-*
chia

chia, making them smooth and slippery, relaxing their Passages, and at the same time thinning the viscid Matter that stuffed them, and making it passable; and it prepares the Blood for other due Evacuations, whereby the less Stress will be laid upon the Vessels of the Lungs.

8. WATER increases *Seed* in Men, by increasing the Quantity of the Chyle, and taking off Cramps, or Contractions of the spermatick Vessels, and opening a free Passage for the chylous Blood to pass through them; by these Means it encreases *Milk* in Nurses, *viz.* by enlarging the Blood's Quantity, thinning it, and opening it's Way thro' the mammary Glands.

9. WATER promotes *Spittle*, by encreasing the Mass of Blood, which flowing to these Glands near the Mouth and Throat, they pour out a larger Quantity of Spittle, and strain it into the Mouth.



CH A P XII.

*Water diminishes immoderate Evacuations,
and how.*

THIS Chapter shall be the Reverse of the former, whereby we will see what an excellent Liquor simple and contemptible *Water* is.

1. COLD *Water* stops *Vomiting*, 1st, by removing the *Irritation* and *Stimulating* of the Nerves in

the Stomach, and softning, lubricating, and smoothing it's Fibres. *2dly*, By washing off the Slime from it's downy Coat, which by staying, became *acid*, formed *sharp Particles*, that *twitched* the delicate Nerves: This Slime likewise impaired the Stomach's Force over it's Contents. *3dly*, By corrugating and shortning it's Fibres whereby it's Contents are concocted, the *Cramp removed* from the *Pylorus*, and the Chyle has free Passage to the Guts; or if the Vomiting come from *bilious* or *pancreatick Juices*, pumpt up from the *Duodenum* to the Stomach, it dilutes these, takes off their Sharpness, and sends them back into their right Course, and puts them on their right Office of obtunding and sweetning the Chyle.

2. WATER Helps or cures immoderate *Fluxes* of the Belly. *1st*, By diluting and washing off that *Mucus* or *Slime*, from the Coats of the Intestines, which hid the Mouths of the Lacteals, and hinder'd the Access of the Chyle, and caused it to be thrown off, in a great Measure by Stool. *2dly*, By diluting and melting down these sharp acrimonious *Spicula*, which stuck into the small Interstices of the Fibres, and caused Pain, and a Hurry of the Spirits thither, to inflame and ulcerate the little Glands and Blood Vessels. *3dly*, By corrugating and pursing up the Fibres of their *muscular* Coats. *4thly*, By diluting the Redundancy of the Bile poured into the Intestines, and excoriating them; this it sends to the other Outlets of the Body, by directing it together with the Chyle to the Mouths of the Lacteals, and by them
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into the Blood ; where it circulates and is strained off in the other Parts, and sent out of the Body. I have known many surprizing, yea, almost incredible Cures of *Diarrhæas* and *Dysenteries*, performed in poor People, only by drinking *cold Water* every Day ; yea, when *Medicines* have failed, and the Case was thought desperate, this has cured in a few Days.

3. IN a Discharge of profuse Quantities of Urine called a *Diabetes*, *Water* is admirable good ; for this Distemper often comes by drinking *Ale*, or other strong Liquors, which fill the Blood with Spirits unable to dissolve the Salts of the Blood, which attract one another more strongly than they are attracted by the Fluid ; whereby both the Quantity and Figure of the Salts still increase, till they come strenuously to attract the Particles of the Blood, break and dissolve them, and send them off by the renal Glands, thro' the Ureters to the Bladder : Now *Water* drunk in this Case, keeps the Salts at Distance from one another, prevents or breaks their Contacts, carries them off to the solid Parts, where they are ground small, and sent off by Urine, Sweat, and insensible Perspiration ; restores the Attraction of the Globules, and cures the Patient ; and of all others *Lime-stone*, or *Chalk-Waters* are the best ; for they afford Particles contrary to the former, wherein their little Darts are broke, and their Attractions prevented.

4. WATER is profitable in a great *Flux of the Menses*, which comes from the Acrimony of the Blood, or Laxness of the *uterine Vessels* ;
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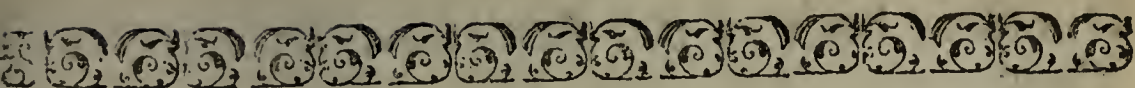
the first it removes, by blunting, and keeping the acrimonious Salts from attracting one another; the last it helps by enabling the Fibres to reassume their natural Elasticity : It's Vertue here may be heightened, by boyling in it some of the astringent Plants.

5. WATER eases profuse *Sweatings*, by removing the Laxness of the Capillaries of the Skin, checking the irregular Motion of the Blood, and correcting it's Salts ; it keeps the Person cool, and directs the rapider Course of the Blood to the Kidneys, where much of the superfluous Liquor is strained off in Urine.

6. WATER stops a prejudicial *Perspiration*, by supplying the Vessels with a greater Stock of Fluids, which may give Resistance to the great Force of the Solids, which both too quickly break, and grinds too small the Parts of Chyle and Blood, and hurries them on to the Skin : Or it opens the contracted Sluices, and gives the Humours vent at other Orifices.

7. WATER moderately impairs excessive *Expectoration*, by taking off the Irritation of the Fibres of the *bronchial* Vessels, checking their Spasms, and dissolving the Viscidity of the Humours ; or curbing their Acrimony, in breaking, smoothing, and separating the Salts.

8. WATER suppresses excessive *Letchery* ; which arises from the Stimulancy or Irritation of the Vessels or Blood, it fills the Vessels with smooth Particles, takes off the Cramp of the Muscles, and yet leaves the true natural Appetite to Venery.



C H A P. XIII.

*Water beneficial in many particular Cases
or Diseases.*

THE Excellency of *Water* in *Vomitings*, *Fluxes* of the Belly and *Menses*, *Diabetes*, *Sweatings*, profuse *Perpiration*, and large or difficult *Expectoration*, having been already handled, I come now to specify some other particular Distempers, wherein *Water* is a sovereign *Medicine*.

I. IN Indigestion, or want of Appetite, *Water* is the best Liquor to drink; for consisting of smaller Parts than any other Liquid, it can, with more Ease and Readiness, penetrate the Parts of our Food, thrust it's self into it's Interstices, break it's Cohæsions, and separate it's Parts; whereby the Stomachs Work is greatly facilitated, Digestion easily performed, the Slime wash'd off from the Sides of the Stomach, which palled it's Coats, diminished it's Force, and lay betwixt it and the Food to be digested; or if with great Labour to the Stomach it be mixed with it, yet, it renders the Parts of the Food more tenacious, and the Chyle viscid or ropy: Whereas *Water* separates the Parts, diminishes or destroys their Attraction, disjoyns their Contact, and affords a suffici-

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ent Fluid to keep their different Parts at due Distance, both in the Intestines, Lacteals, and Blood.

A G A I N, *Water* is the best Liquor to maintain a good Appetite : For, not only is *Water* proper to drink with our Food, because it's the capablest to insinuate it's self, or be thrust into our Food by the Force of the Stomach ; but the great Quantity of Air which it contains, is of special Use in Digestion ; therefore as it contains the most *Air* of any other Liquor, it must be the properest to drink with our Food ; for *Water* is to *Gold*, as 1 : to 19 : and *Gold* having so large Pores as to suffer *Water* to pass, or be pressed through them, it must have more Pores than solid Parts ; wherefore any Bulk of *Water* seems to have only one Part of *Water* to 39 Parts of *Air* : And seeing *Air* is so very serviceable to Digestion, where can the Universe afford a properer Liquor for common Drink than *Water* ? But there is still somewhat very material, which adds to the Excellency of *Water* ; that is, not only is *Air* useful for Digestion, but is of such Request, that it's impossible for any Animal to live without some Portion of *Air* mixt with the Blood, to break it's Parts, both in the Lungs and other Parts of the Body : For the Attrition of the Blood in the Lungs is greatly promoted, by the great Resistance of the Globules of *Air*, mixt with the Blood in the Lungs ; for these labouring to evite the Force and expand themselves, they have a greater Impetus over the Parts of the Blood, than the Blood has over them ; therefore they break these

these Parts wherein they are contained, which renders the Blood still more fluid, makes it's Circulation safer, and the Secretion of the Juices easier and plentifuller ; so that if we desire the Continuance of the Blood in a State of due Fluidity, we ought to use for common Drink such Liquor as carries the greatest Quantity of *Air* along with it into the Blood, and has the least Viscidity and fewest Salts ; and this is good *Water* : Wherefore such as argue against the Use of this excellent Liquor to Diet, imply a tacit Blasphemy, viz. That the great Creator wanted their Direction, in the Contrivance and Provision of an universal Liquor.

2. IN the *Gout*, which is caused by an *Acrimony*, or over Toughness of our Fluids, whose Particles easily attract one another in the small Blood Vessels of the extream Parts, where the Motion of the Blood is very slow ; the Coats of the Vessels at the same Time, from the *pungency of sharp Particles*, are *irritated*, become stiff and narrow, and raise most intolerable Torments : *Water* in this Case goes a greater Length, to prevent the racking Pains, thin the Blood, correct it's *Acrimony*, and remove the *Irritation* of the slender nervous Vesicles, by moistening and lubricating them, than all the pompous evacuating Tribe, which seldom fail to drain the Blood of it's fluidest Parts, encrease thereby it's *Acrimony* or Viscidity, enrage the Pain, crisp the Solids more, and often bring the Distemper into the Stomach and Guts. *Water drunk warm* and Abstinence used for some Time is excellent. I knew a Gentleman very liable to the

Gout; who when he found it a coming, by abstaining for two Days from every Thing but *Water*, prevented the approaching Fit, and the Return of another, for as many Years: But if it come to touch the Stomach, let generous *Claret*, or some other heating Liquor be given, which quickens the Blood's Motion, hinders the busy Attraction of it's Particles in their languid Motion, strengthens the Bowels, and sends the Disease to it's proper Place, the Feet.

3. IN *Rheumatisms*, which seem to acknowledge for their Cause a diminished Perspiration, or an Admission of penetrating Particles, from the *Air* thro the *Skin*, whereby the Blood's Quantity is not only increased from Retention, but by Addition of noxious Parts from without; the Motion of the Blood in the small Vessels is lessen'd, it's different Particles vigorously attract one another in the small lymphatick Arteries, where these formed *Molecule* raise Inflammations in the Capillary Vessels of the Membranes, which invest the Bones: Now what simple Liquor can be better adapted in this Case, than *warm Water* drunk, which relaxes the Solids, dilutes the Fluids, sets open the Evacuations, quickens the Blood's Motion; especially it impregnated with nitrous Salts, such as that of Horse Dung: If the *Water* be free from *Salts*, or angular, irregularly shap'd Particles, borrowed from the Earth or Channels, which it washes.

4. IN the *Stone*, whose Original is owing to earthy Particles, stopping at the Extremities of the small venal Arteries; several Particles form a small Body like Sand, which if it continues, attracts

attracts to it's self more Particles of the same Nature, forms a Stone, which lying open in the *Pelvis*, or *Bason* of the *Kidney*, to the Urine on every Side, draws Particles in all Parts of the Surface, which joyning to it around, form so many *Laminae* or *Crusts* of Shells, till by their Increase they fill the Cavity; here, then, I say, warm *Water* is the only *Lithontriptick*; and the surest in the World; for plentiful drinking hereof keeps these attracting Particles at due Distance, the Particles of *Water* thrown in betwixt their Parts, preventing their Contact, and the Stones Growth; and suppose a small Body be formed, which gives some Uneasiness, yet will a Decoction of the Emollients in *Water*, with some *Anodyne* added, and the *Water* given to be drunk plentifully, relax the Parts; and moderate Exercise after, will send off the little Stones, Gravel, or Mucilage; and continuing to drink a Pint or two of warm *Water* daily, using at the same Time Temperance, will prevent both Stone and Gout.

5. IN violent Passions of Fear, Anger, Grief, &c. in which the Solids quickly become stiff, rigid, and contracted, to the sudden Expulsion of the Fluids, by Perspiration, Sweat and Urine; whereby the Blood is robb'd of it's fluidest Parts, and the remaining Mass left thick and grumous; to thin the Blood, relax the Fibres, and supply the evacuated Quantity, warm *Water* is most proper, and will not fail the Expectation of Relief from it: For who knows not, that upon sudden Fear, or Anger, the Person presently oozes out Sweat over

all the Body, has frequent Occasion to make *Water*, and is often ready to faint away ; in which Case a Draught of *Water*, preserves and restores the Body.

6. IN falling Sicknefs, Cramps, Convulsions and Madnefs, which all arife from an exceeding Contraction, either of fome or all the Muscles of the Body, whereinto plenty of nervous Juice from the Brain is pour'd ; in all these *Water* used for common Drink is the best and helpfullest of any simple Liquor ; for it checks the strong Resistance of the Solids, distends the Vessels, fills them with cooling Liquor, which affords not such Plenty of Spirits, as act thus busily upon the Nerves ; it likewise corrects the irritating Cause of this furious Hurry of the Spirits into these Parts.

7. *WATER* duely thickens the Blood, because it's not filled with these small volatile Parts which tend only to thin it, and because it gently lessens the muscular Force over the Blood in their Vessels, by keeping them full, and maintaining an *Æquilibrium* ; thus is the Blood of Labourers, long liv'd and healthy People, thick and strong, and the Solids strong conform to it. This is a demonstrative Proof of the Falseness of that common ridiculous Maxim used by Drinkers, *Water*, say they, makes but poor thin Blood not fit for our Business ; when in Truth, they destroy their own natural Strength, interrupt all Pleasures of Life, in compounding for a temporary dear bought Strength ; when the others have long Life, great Strength, Alacrity, and all the Pleasures Health can afford ; I say, it's *Water* only can endue its Drinkers with the strongest Bodies and robustest Constitutions

(*ceteris*

cæteris paribus) where Exercise or Labour is joyned with it, since it best assists the Stomach and Lungs to reduce the Aliments into the smallest Parts, that they may better pass the Strainers of the Body, which separate the nutritious Parts from the Blood, to be applyed to the Sides of the Vessels, and Exercise invigorates the Fibres and Muscles: In this we are confirmed, if we consider the great Strength and Hardiness of poor Rusticks, whose Provision is mostly vegetable Food, (their Drink being *Water*,) which by a chymical Distillation, affords much *Water* and *Earth*, but very little Spirit or volatile Salt; and surely the Blood made from this Food must be, such as were the Parts constituting the Food: Their Strength, therefore cannot arise from their Fluids, but from their Solids; whose Fibres by daily Exercise are corroborated and stiffen'd, upon which Account, the Solids so strengthened by Exercise, communicate to their circulating Fluids, brisk, strong, and lively Motion; therefore it is, an easy Thrust with one of these Fellows Fists, (which among themselves is a Sign of Love and Benevolence,) would push a Drinker of *Ale* and spirituous Liquors to the Ground; which is to be attributed to the great Elasticity of the Fibres, whereby they strongly resist every external Object: thus *Water* strengthens.

8. WHOEVER are desirous of preserving their Beauty, the great Darling of the Fair Sex, *Water* is the most agreeable Liquor for this, because it keeps up a smooth Circulation, through the Capillaries of the Face; whereas strong Liquors either cause a Shriveling up of the Fibres and

and Vessels, and fills the Countenance with Wrinkles; or if the Circulation be so strong as to dart it into the Orifices of the small Vessels, there not being able to pass, it either dilates the Vessels and covers the Face with Protuberances, and little *Varices*, or Aneurisms; or by it's Salts tears the Vessels, and fills their Countenance with Inflammations, Pimples, and Eruptions. Therefore *Daniel's* Countenance looking fairer by *Water* drinking was only natural, and it will do the same to this Day.

10. THOSE who are desirous of long Life, let them drink *Water* in Manhood, and dilute soft *Wine* with it in old Age; this keeps the Sides of the Vessels from coalescing, and their Cavities from growing up, which are the only Reasons why Man must at last die of old Age, in spite of Nature and Art.

11. HE that would have clear Intellectuals, quick Wit, and ready Apprehension, let most of his ordinary Drink be *Water*, and let him use moderate Exercise; hereby the Equality and Regularity of the Circulation is preserved, Damps and Cloudiness of the Understanding prevented.

12. IN *Hysterick* and *Hypocondriack* Diseases, wherein Persons are often troubled with a Fear of Suffocation, *Water* drunk with a little volatile Spirit or Salt, gives Relief.

13. IN all *Asperity*, *Roughness*, *Sharpness*, or Viscidity of the Humours in the Vessels of the *Bronchia* or *Windpipe*, causing Coughs, Tickling, or Hoarseness, warm *Water* drunk is admirable, for diluting, dissolving, and breaking ei-
ther

her the Salts, or Tenaciousness of the Humours in these Glands.

14. WATER drunk increases the Blood's Motion, by relaxing duely the Fibres, taking off the Resistance of the small Vessels, and thinning the thick Blood, that it may with Ease pass the Glands.

15. WATER is no contemptible Thing for *Worms*; for it thins and washes away that slime (wherein was contained the Ova, whereof they are bred) which sticks to the Sides of the Intestines, and by diluting this, it hastens the Chyle to the Mouths of the Lacteals, and by this Means it strengthens the whole Viscera of the lower Belly.

16. WATER is good in all acrid Pains; by loosening the Matter, thinning the Liquor, and furthering it's Course; and it's likewise good in cuticular Eruptions, by correcting the Salts of the Blood, dissolving their Cohæsions, removing the Cramp, or Stiffness from the Strainers of the miliary Glands.

17. IN the *Scurvy*, which scarce leaves a Disease, whereto humane Bodies are subject, whose Symptoms it will not sometimes imitate, seeing it's proximate Cause is a faulty Blood, which in some Parts is too thick and sharp, in others of the same Body too thin and full of Salts; good *Water* seems the fittest for common Drinking, to dilute the Blood, separate the Salts, and commix the Parts of our Fluids: But when special Care must be taken of the right Choice of good *Water*, for frequently this Liquor causes a Scurvey; because it's impregna-
ted

ted with Salts and metallick Particles, which it washes off in it's Course thro' the Earth : And this is a frequent Cause of the *Scurvy* in the Northern Parts, which mostly displays it's Mischief in the Surface of their Bodies, Teeth, or Gums, by chilling or thickening the Blood in the small Vessels, and these being salt, irritates the sensible Membranes, which contracting, put a Stop to the Circulation in many of the small Capillaries, which burst, and cause Eruptions : That which occasions this Impregnation of their Waters is, the Country's being full of Mountains, which are often Heaps of Minerals, Part whereof the Flux of *Water* washes away : But in the South, this Distemper appears after another Manner ; displays it's Venom more on the nobler Viscera, produces Disorders of the Stomach, Hecticks, Consumptions, Hystericks, Hyppo's, Faintings, Palpitations, &c. which mixed Salts produce. It's supposable, that the mean Drink and low Diet and Exercise the poorer Sort in Northern Parts are accustomed to, strengthen their Fibres, give them greater Force over the Fluids, which hinders the Attraction of the Salts, and Viscidities in the Blood, till it comes to move in the small Vessels on the Surface ; and the Air being generally colder, Salts swimming in the Air may insinuate themselves into the Pores of the Skin, and mix with these of the Blood, and so increase the Fury and Rage of that Distemper on the Skin. Whilst in the Southern Parts a more luxurious Diet, stronger Drink and Effeminacy of Life, weakens the Body, disturbs Nature's Work, before she gets it to the Surface ; there-

Therefore it appears more on the inward Parts ; and moreover, they generally deny Nature the Assistance of this helpful Liquor, which might keep the Salts at greater Distance, and prevent Attractions, till the Blood arrive at the external Parts or Skin.

18. IN *Head-Aches*, accompanied with Heat, Quickness of Pulse, Redness and Pain on the Out-side of the Scull, *Water* drunk to thin the Blood, relieve the distended Vessels, dissolve the Viscidity or break the Salts, must be of great Use.

19. IN a *swimming of the Head*, from a rarefied Blood distending the Vessels, and hindering the regular Propulsion of the Spirits : For one Part of the Vessels having lost their contractive Force, and the other preserving it, they throw the Fluids with Force into the small Impervious ones ; which dilating to admit them, this Extension elevates the nervous Filaments of the *Retina* whereupon the Pictures of Objects are impressed, causes Things to appear in a circular Motion, and to be where they really are not : Here then, Bleeding followed by drinking *Water*, or such thin Liquor, must be of great Use.

20. IN *Moist Asthma's* proceeding from Excess, Cold, or Debauchery, causing a kind of inflammatory Fever ; to compesce this, and dilute and dissolve the Blood in the distended Vessels of the Lungs, or external Parts, *warm Water* drunk is useful.

21. IN a *Palpitation of the Heart*, *Water* is of singular Service, as I have tryed, and found the greatest Relief from it ; for whereas all o-

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ther Liquors, especially *Ale*, whether mild or stale, drunk in the smallest Quantity, never fail'd to raise it up to so great a Pitch, that I could not lie on the Left Side; the Force of the Heart against the Ribs paining it: *Wine* likewise increas'd it, but to no such Degree as the former: *Water* only gave me Relief. At last when I seem'd to have all Reason to believe a Polypus was formed in the Heart, and beginning to reach to the End of the pulmonary Artery, (for when the right Auricle was distended, one Repletion often took two Contractions of the Heart to expel it;) at last, I say, leaving off all Liquors whatever, except *Water*, I got perfectly well, when this Indisposition had continued with me for above 11 Months; and at Times had taken me for Three Years; and if I drink one Glass of *Malt* Liquor it still brings it upon me, till half a Pint of *Water* drunk removes it: After this was cured by *Water*, half a Pint of *Claret*, any *Ale*, nay, small *Beer*, gave me heat of Urine, and a plentiful Discharge of large red Sand next Day; but now having drunk *Water* only these many Months, I am free from all, and enjoy a perfect state of Health. A Gentleman and Acquaintance of mine, sadly afflicted with a *Palpitation*, I ordered him to drink *cold Water*, and refrain all other Liquors for Drink; he got well in a Week. Now this *Palpitation* was the Effect of a stricture of the Solids, and caused by a too copious Influx of animal Spirits from the Brain into the Muscles of the Heart, which convulsed it's Fibres.

22. IN *Abortions* or *Miscarriages* in Women, from a *Hurry of Spirits*, *Fever*, *hysterick Disease*, procured from Use of strong *Liquors*, *Warm Water* comes in good Season for cooling, compressing and diluting the Blood.

23. IN all *Inflammations of the Body*, as *Quintessence*, *Pleurisie*, *Peripneumony*, *Inflammations of the Stomach*, *Liver*, *Kidneys*, or any other, either inward or outward Part of the Body, *warm Water* drunk, is equally as beneficial, as *Ale*, *Wine*, or other spirituous *Liquors* are injurious; and the Use of them can be of no greater Injury than to deprive the Person of Life: For *Inflammations* being no other Thing at first but a Reception of more Blood into the capillary Arteries, than they can strain off by their Glands, or return by the Veins, thereupon these arterial Vessels are distended, their Force is impaired, the Blood circulates slowly, and becomes viscid; its Salts attract one another, form large Particles, which vellicate the membranous Coats, raise Pain, and that produces a Fever, according to the Part affected, or Degree of the Illness; and this Stress laid upon the small Vessels, is from an increased Motion of the Blood, moving with greater Force in the larger Vessels; if this be not relieved before the viscid Blood in the small Vessels loses its Motion, and comes to Stagnation, an *Impostumation* follows: So that all *Inflammations* acknowledge this for their Cause, only they receive different Names from the sundry Parts they seize. Now of how great service Drinking of *warm Water* after bleeding, is in all *Inflammations*, whilst they are re-

cent, needs neither *Logick* nor *Mathematicks* to explain.

24. IN all these *Fevers*, where Heat, Pain, strong Pulse, great Thirst, Watchings, Ravings, Pain of the Head, Hemorrhages of Blood, with red high coloured Urine, are the Symptoms, *Water* is a fit Drink; it dilutes and divides the Parts of the Blood, separates the Salts and preserves their due Distance.

25. IN *Hectick Fevers*, where there's still a Heat, especially after eating, particularly in the Palms of the Hands and Soles of the Feet, but yet greater in the Belly; a constant Thirst, quick Pulse, but swifter after Meals, daily Wasting, want of Appetite, high coloured Urine, with a Scum at the Top, all owing to the great Sharpness and Pungency of the Blood, here strong Liquors ought religiously to be refrained, (unless we run upon self Murther) and *Water* is to be used for common Drink; and if any, but a very little *Wine* added.

26. IN all quick and violent Motions of the Blood, *Water* may be given to stay the Hurry.

27. Is the Blood salt or sour, *Water* dilutes and corrects both.

28. IN a *Strangury*, or Difficulty of Urine, which is caused by an Acrimony of the Blood, *Water* heals as much as *Ale* and strong Liquors ruins.

29. IN the *Hickup*, *Water* is good; for it checks the Hurry of the Animal Spirits into the Nerves of Inspiration, and settles the uneasy Sensation of the Stomach, which invited the Spirits; and it dilutes, divides and cleanses off the Acrimony.

30. IN

30. IN *Empyema's* and *Vomica's*, the first whereof is an Abscess on the Inside of the Lungs, as the other is on the Outside ; when they begin, *Water* is good to dilute the Viscidity resting in the small Vessels, and to separate the Salts, and obtunde the Acrimony of the Blood.

31. IN *Abscesses of the Stomach, Liver, Kidneys, Uterus, &c.* *Water* drunk thins the Blood, causes it to send off the purulent Matter from the Sides of the lacerated Vessels, causes a smooth Juice to be left, which may tend toward Healing.

32. HAVE any acted the *Gormond* or *Glutton*, for one or more Meals, if they would be Well after, let them use Abstinence a Day or two after, refraining Supper and Breakfast, and drink *Water*.

33. IN a greater Quantity of Blood than the Vessels can conveniently hold, or the Solids forcibly cause to circulate, *Water* moderately drunk thins the Blood, and prepares it for the Evacuations ; but in the mean Time a very spare Diet must be used.

34. IN *Dropsies*, arising from a very salt viscid Blood, diluting and attenuating Drink is best ; and *Water* challenges the Preference for a Vehicle, either for Decoction or Infusion.

35. IN a *Jaundice*, which comes from Obstructions of the *Liver*, or rather the Viscidity of the Juices which should pass the Glands, Decoctions of anti-icterical Medicines in *Water* are excellent ; or if this Disease arise, (as it often does) from an Inflammation of the *Liver*, both Meat and Drink must still be more watery than in the other *Jaundice*.

36. IN the *Morbus Cholera*, which acknowledges for it's Cause an acid or acrimonious Humour, twitching and vellicating the nervous Membranes of the Stomach and Intestines, and causing great Pains, violent Thirst, Fevers, cold Sweats, Belching and voiding Choler, both upwards and downwards ; nothing can be imagined properer than *warm Water*, or thin Pullet Broath, or Water-Gruel : Should we go to Malt, or spirituous Liquors, the Patient would presently be put beyond Helps of Nature or Art, and might be said not to die but be murdered.

37. IN an *Atrophy*, wherein the Persons daily waste, their Solids are soft and flabby, they want Spirits, and their Pulse is very low and weak ; if this be at any Time from over Digestion, whereby the Aliments and Chyle are too speedily broke in the Blood, and hurried out of the Body, by Perspiration, Sweat, Urine and Stool ; this is caused by too great a Force of the Solids over the Fluids, which owns for it's Rise an Acrimony of the Blood, which vellicates, excites and twitches the Membranes or Coats of the Vessels to a Contraction ; or it's owing to feeding on such Things as abound with Juices of the Nature of Animal Spirits, whereof they afford too great Store : In both Cases *Water* is excellent, either to dissolve and send off the Acrimony, or to lessen the Quantity and Force of Animal Spirits, to keep the Vessels open and full, and thereby resist in some Measure, the Force of the Solids : Or Water-gruel and Broaths are good.

38. IN a *Consumption*, from an Ulcer of the *Lungs*, all spirituous Liquors are a Degree of Poyson; therefore may *Water* be the Basis of their Drink, and only smooth diluting Liquors used, as *Emulsions*, *Barley-water*, *Whey*, or warm *Water*.

39. IN *Hysterick Cholicks*, *Water* is good, and yet better in *Bilious Cholicks*; for it dilutes the Blood and Chyle, corrects the Acrimony which vellicates the Nerves, and causes a Constriction or Cramp upon some of them. In the first of these *Cholicks*, I knew a Gentleman whose Method was to cause the Woman in the Fit, to drink half a Pint of *Water*, with a little *Flower* in it, and about half an Ounce of *Vinegar*, and I must own it's Effects were very often wonderful.

40. IN a *Dog* like, or depraved Appetite, which arises from the Pungency of the acrimonious Particles in the Stomach, which irritate and prick it's Membranes, and excite a raving Appetite; *Water* is good, to dilute or soften the Acidity, or Acrimony of the pricking Particles, especially *Chalk-waters*.

41. IN *Crudities* of the Stomach, with sour or bitter Belchings, Distention and Indigestion; or in these *Crudities* the Ristings whereof smell of rotten Eggs, the first comes from an acid, the second from an alcalious Humour in the Stomach; in both Cases *Water* is convenient, for it dilutes both Sorts of Salts, washes out the crude Heap of Slime, and undigested Remains of Food, and restores the Stomach's Force,

42. IN *Lethargies*, *Watchings*, &c. as a diluting Diet, and one suitable to Inflammations, is sometimes

times necessary, so medicated *Water* is a fit Li-
quor.

43. IN a dry *Cough*, *Chin-cough*, or *Hysterick*, *Asthma*, *Water* is good. Here I must observe, that in several Constitutions, vexed with frequent Colds-Catching, and a constant tickling Cough, and spitting of clear thin Rheum, I have not only seen Relief, but a Cure from the Use of cold *Water*, drunk Two or Three times a Day, with a little *Oatmeal*.

44. A Draught of *Water* an Hour or Two before Supper, and as much in the Morning, *Vander Heyden* says, he has known perfectly to have cured the *Sciatick*, or *Hip-gout*, and Pains of the Shoulders and Hands; yea, in a few Days without any other Remedy, or yet the Pains returning: Now this *Water* does after the same Manner it cures the *Gout*, which I have known tried and succeed.

45. WATER drunk helps Pains of the Back and Loins the same Way, and with equal Success.

46. IN *Hoarsness*, the same Author tells us, he has experienced the great Effects of cold *Water* drunk twice a Day; and I have known the same try'd and prove effectual, but then to render it more palatable, it was taken with *Oatmeal* on it.

47. *Boerrhave de virib. Medicam.* p. 327, says, warm *Water* with Salt is a great Antidote against Poyson; and *Vander Heyden* extols it for the *Hydrophobia* or *Madness* from the Bite of a mad Dog.

C H A P. XIV.

Water dangerous in some Distempers.

ALTHOUGH *Water* be of most extensive Use, both as common Drink, and in many Cases as a Medicine; yet is it of the Nature of all other Things, for nothing that's useful but it may be hurtful if wrong used.

IN *Chap. 6.* I laid down the Signs of those Constitutions, to which *Water* was agreeable, with those to which it was hurtful: But even in cold and phlegmatick Constitutions it is not always injurious; for in *Pleurisies, Quinzies*, or other *Inflammations*, or in ardent *Fevers*, or in any Distemper, wherein Diluting and Attenuating are the Basis of the Cure, warm *Water* is very good; and on the contrary, *Water* is not in all Cases or at all Times proper, even in hot, dry, cholerick, sanguine, or melancholick Temperaments, as the following Particulars will prove.

I. **WATER** is inconvenient in any Constitution, where the Body is rendered morbid, from long Fasting, or exhausted by too great Evacuations; in both Cases, the fluid Parts of the Blood are carried off. In the First it must be rendered acrid, as it always is by long Abstinence; in the Second thick and grumous, therefore diluting is requisite; but then it would be such Dilution, as affords some Spirits in small Time, and with little Preparation or Alteration: After

long Fasting, a sober and moderate Use of mild *Malt Liquors* not too strong; but Evacuations will seldom suffer the Use of *Malt Liquors*, without being more provoked; therefore *Wine* diluted with *Water* must be given.

2. IN all *malignant* or *nervous Fevers*, wherein the Pulse is weak, Beat small, Thirst considerable, with Pain of the Head, Watchings, pale Urine, red Spots, Startings, Tremblings, cold Sweats, Coldness of the Back, &c. simple Element is not allowable, unless mingled with *Wine*, or made into *Sage Tea*; for though their Drink must be watery, yet let it be mixed with Things generous and nourishing, as *Sack-posset* or *Sack-whey*.

3. IN all *Dropsies of the Belly*, arising from Evacuations, or a watery impoverished State of the Blood, and a Relaxation of the Solids, *Water* must be religiously avoided, unless mixed with a double Quantity of good rough astringent *Wine*, or made into *Punch*, or prepared with pungent, aromatick, and diuretick Plants; but in the last Case, several Liquors may be prejudicial, but none can be of much Use without Exercise, which must be the Ground of the Cure.

4. IN the *Dropsy* called *Anasarca*, in which the whole Surface of the Body, but especially the Thighs, Legs, Feet and Hands swell, from the *Lympha* circulating slowly, and the Fibres so relaxed that they are incapable of due Contraction, whereby the stagnating *Lympha* becomes still thicker, and it's Course slower, and the Colour paler; the Degree of the relaxed Fibres, and slow Circulation of the *Lympha*, may be known from
the

the Time an Impression, made with the Finger, takes to reassume it's natural Posture ; here *Water* is bad, unless made strong with *Claret* : But astringent *Wine* given in little Quantities, and followed with Exercise is best ; hereby the Fibres are contracted, the Liquor agitated, attenuated and broken, and so hastened off by Urine and Perspiration : But this only for an *aqueous Anasarca*.

5. IN *Measles* or *Small Pox*, where the *Fever* is high, and Expence of Fluids great, whether by Sweat, Perspiration, or Urine, whereby Nature is straitned or disturbed in her Motions, for want of Serum to make regular Secretion, and due Expulsion to the Surface, and to raise and fill the Pustles ; I should be the last Man who should advise simple Element here, for it promotes the Evacuations more by Thinning, separating and lessening the Parts of the Blood : Diluting and demulcent Drink then is best ; as the white Decoction made strong with *Hartshorn*, which is an excellent Obtunder of the Blood, and Sheather of it's Acrimony, and duly Thinner of it's Parts ; or *Oatmeal*, *Water-gruel*, or *Boyled Milk* and *Water* plentifully drunk, and will'd down in great Quantities, when the Heads of the Pustles fall down, and Pocks seem to go back by some Irregularity, which has promoted some of the Evacuations, is the best Cordial in the World ; for *Saffron* and all the cordial or alexipharmacal Crew, are only a slow (nay sometimes a quick) Poyson, by fusing the Blood, rarefying and sending it a packing, by Sweat, Perspiration, Urine, or Stool : And what must raise the Pustles then ? A thick, grumous, almost stagnating

nating Blood? By this same wretched Mistake among good Women, Thousands of Children have their Patrimony paid them, by these Cordials, with a Shroud and Coffin: So that I am satisfied, the Attendance of a *Physician* is sometimes as necessary to prevent giving Medicines, and to order Diet, and the other Non-naturals, as it is to write Prescriptions, and make the *Apothecary* a Bill.

6. IN *Hectick Fevers*, though *Water* should be the Basis of their Drink, yet if the *Fever* be high and the Acrimony of the Blood great, let the Heat be abated, and the Acrimony blunted, by smooth, soft diluting Drink, which may lessen the great Force of the Solids; such as *Almond Milk*, *Water-gruel*, &c. but no spirituous Liquors: these make the Case worse.

7. IN the *Gout*, where the Pain has attacked the Stomach or Viscera, or the Paroxysm is not come to a right Formation, nor the Matter of the Disease to it's proper Seat; *Water* must be carefully refrained, and generous *Wine* used.

8. WHERE there is a form'd Stone in the *Kidneys*; as all spirituous Liquors are most pernicious in this Case, by causing Feverishness of the Body, and Contraction of the Strainers of the Kidneys, by their Stimulancy thereof; so *Water* by increasing the renal Secretions is of no Use: But lubricating and anodyne Mixtures at Night, with emollient Drink, or *Spaw Water* used in the Day, are like to do Service.

9. IN a relax'd State of the *Fibres*, and a too viscid Texture of Blood, whereby it's Circulation is stopt or retarded, simple Elements

ent is injurious ; except to hard Drinkers, who have drained their Blood of it's fluid Parts by drinking frequently diuretick Liquors, whereby only the grosser Parts of the Blood are left to fill and distend the Vessels ; these ought to use *Water* wherein is boyled *Broom*, or it's Ashes. This Habit of Body ushers in the Fourth Head.

10. IN *Atrophia's* flowing from Indigestion, unless bad Digestion was procured by drinking) *Water* is inconvenient, unless made into *Ellies* with *Rice*, *Sago*, or *Caudles*, or *Broaths*.

11. IN flatulent *Cholicks*, common *Water* will not do great Feats, unless the Bitters be boyled in it, and then some spirituous Liquors or *Clarets* added ; for though the *Water* be best to melt down, and wash off the Slime from the Guts, yet *Carminatives*, and some Spirit mixt with them, rarefy the Flatulencies, and discharge them.

12. IN all *Fluxes* preceded by a *Cachexy*, or in a natural *Cachexy*, where the Blood is viscid, Spirits low, Circulation slow, Skin pale, Legs or Feet swell, and dimple, *Water* must be refrained, and vinous Liquors used to draw up the Fibres, restore the Solids, and dilute the Fluids, which a moderate Use of hot aromack Liquors offers fair at : But even in this very Case, I have known *Water* cure *Fluxes*, but it was followed by Exercise or Labour, and the *Water* taken cold and in small Quantities : It's scarce possible to believe what Temperance and Exercise will do. Nature is ever at work for the Preservation of the Fabrick, and a little Assistance does much.

13. IN all white Swellings of the Glands, *Water* must be forborn, and such Things used

as brace up the Fibres, recover the low Course of the Fluids, and dislodge the impacted Matter.

14. IN a low State of Blood, where the Body feels cold, and the Lymphaticks over the Body are distended, and appear white or pale, with some Swellings, small Fever, short Breath; These on Peril of Life should forbear *Water*, except Chalybeates, and take them to the gentle Use of astringent *Wines*: This is a Kind of Cachexy, and both are frequently the Effects of an idle, sedentary, or sloathful Life, or of a debauch'd Youth; for where Exercise and a due Use of the Non-naturals are used, very rarely any such Cases happen, unless from some Fault in the *prima Stamina vitæ*, derived from the Parents.

15. IN *Apoplexies*, (except of the Inflammatory Kind,) *Palsies*, *Carus's*, *Coma's*, which own for their Cause whatsoever diminishes the natural Propulsion of the animal Spirits out of the Brain, and stops their flowing into the Organs of Sense, and voluntary Motion; and also thus hinders their Return from these Parts, to the common Sensory; in these Cases a sparing Diet of pungent, hot, spirituous Liquors, as *Wine* well prepared with Cephalicks must be the Drink; not *Water*, except qualified with *Coffee* or *Green Tea*.

16. IN all *Convulsions* arising from Defect of Fluids, whereby they become acrid and twitch the Nerves, and cause Pain and Contractions, tho' *Water* be good, yet will it not answer unless in Broaths, Jellies, or Chocolate, which nourishes.

THESE

THESE *Convulsions* often arise from Evacu-
tions, and are but for a small Time, only till
the Person recover a Stock of good Blood.

17. IN phlegmatick Head Achs, where there's
Heaviness in the Head, dull Pain, pale Counte-
nance, lax Habit of Body, and no Thirst, simple
Water is of little Use, unless impregnated well
with store of cephalick Particles, which thin the
viscid Blood, correct the faulty Salts, invigorate
the Fibres, and afford more Spirits.

18. IN moist *Asthma's*, *Water* must be let a-
lone, and Promoters of Perspiration, gentle Sweat,
and Urine used ; to diminish the Flux of vis-
cid Serum upon the Lungs, and give it Vent
by less hurtful or dangerous Doors.

19. IN *Abortions* from Laxness of the Womb,
the Strength of whose Fibres is so weak, as
not to sustain any Weight in that Part, with-
out letting it slip, these must forbear *Water*, and
use *Wine*, to warm the Blood, brace up the
Fibres, and quicken Circulation, Secretion and
Evacuations, whereby the abounding Serum
may be diminished by other Doors.

BUT although common *Water* be improper
in these and several other Cases, yet are we pro-
vided with medicinal *Waters* fit for most, if not
all chronical Diseases in any Constitution ; such
are the sulphur, chalybeate, vitriolick, Lime
and Chalk-*Waters*, or *Waters* from a Mixture of
several of these, or other Minerals, composed after
the most excellent and inimitable Manner, suited
to the Relief of the humane Race ; so that
Luxury rather than Necessity give Occasion
for the Consumption of other Liquors, of hu-
mane

mane Composure for common Drink ; and the Truth of this appears from the constant Intervention of New ; Alteration, Mixing, Jumbling &c. of the Old ; and from the monstrous bringing in of Drugs into their Liquors prepared for jovial Repast and Entertainments.

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